

# Physiotherapy Job Interview Questions And Answers



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## Physiotherapy Interview Questions And Answers Guide.

### Question - 1:

Describe a human skeleton?

#### Ans:

Our body has a supporting frame work made of bones. This frame work is known as skeleton. It is the skeleton which gives the body its firmness. Without the skeleton our body will be as supple as that of a worm. There is another great advantage of the skeleton. It protects some of the most delicate parts of the human body from external injury. Thus the brain is kept safe in a bony box. This box safeguards the heart and the lungs. Also by its very nature of formation, it helps body movement with the help of muscles attached to it. The main parts of the skeleton are the skull and the spinal column.

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### Question - 2:

Explain Gliding joint?

#### Ans:

An example of this kind of joint is the movement of the wrist. At the wrist there are a number of small bones which glide one over the other, when we turn our palm upwards or downwards.

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### Question - 3:

Explain Ball and socket joint?

#### Ans:

When a part is capable of making an all round movement ?up and down and sideways- this is possible by a joint of this kind. The leg can be moved in any direction, sideways, up and down

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### Question - 4:

Describe the functions of joints and human skeleton?

#### Ans:

The place of attachment between two or more bones is known as a joint. All the joints of the body are capable of movement except for the joints of the bones of cranium, which houses the brain.

There are various kinds of movable joints depending upon the movements they perform. Thus the knee joint is like a hinge, which allows the lower leg to move up or down, but not sideways. Following are different kinds of joints

1. Hinge-joint
2. Pivot-joint
3. Ball and socket joint
4. Gliding joint

(1)Hinge- joint :-This allows the movement of the part of body in one direction ?up or down but not sideways. Example



of this joint are knee-joint, elbow-joint, movement of the lower jaw.

(2)Pivot joint :-As the name suggests, this kind of joint permits pivotal movement of the parts of body this joined. Movement of the skull is an example. A man can turn his head from one side to the other by rotating the skull, which is joined to the backbone at its top in such a way that a pivotal movements is possible

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### Question - 5:

The most important functions of the skin are?

#### Ans:

(1) To regulate body temperature. The skin which is exposed to the cooling action of the air outside, plays an important part in regulating the loss of heat and maintaining uniform temperature of body. This is done by the mechanism of dilation and contraction of superficial blood vessels and by the evaporation of water from the body surface. In fact this function of the skin can be compared to that of the radiator of a car

(2)To act as a sense organ. Pain, heat, pressure, cold, touch, etc., are all felt by the skin and conveyed to the brain

(3)To protect internal organs against external injury and infection. Many an injury is limited to the skin. But for skin, our bones would be cracking too often. In fact this function of the skin can be compared to that of the radiator of a car.

(4)To eliminate waste products through sweat glands

(5)To protect the body from harmful rays of the sun by means of pigments of the outer skin

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### Question - 6:

What is Write a short note on the human skin. Describe its functions?

#### Ans:

Skin plays an important part in a man's life. It makes his appearance attractive. He gets a distinctive appearance because of his skin. There are race conflicts because of the colour of the skin.

The covering of the human body is known as the skin. Two layers of skin cover the body. The lower layer known as dermis is made up of fibrous tissues having blood vessels, glands, hair follicles, sweat glands, etc. It is very essential that the skin is kept clean. Dust and dirt collect on the skin and become mixed with salts and the scales of the outer skin. They thus form fertile soil for the growth of germs.

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### Question - 7:

What are Lungs?

#### Ans:

Lungs are the principal organs of respiration. They lie in the thoracic cavity. Right lung is 3-lobed and left lung two-lobed. The cone shaped space between two lungs is called mediastinum. Each lung is covered by a two-layered membrane. Its outer membrane is called parietal pleura and inner visceral pleura. The space between these two membranes is called pleural cavity which is filled with a serous fluid. This fluid lubricates the lungs and protects them from friction.

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### Question - 8:

What are Bronchi?

#### Ans:

Each bronchus enters the lungs from its side. The right bronchus gives up four branches while the left has two. Inside each lung these branches go on ramifying till a bronchial tree is formed. The terminal bronchioles open into a space called vestibule which gives rise to one to three respiratory bronchioles. The wall of respiratory bronchioles forms thin walled sac-like alveoli.

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### Question - 9:

What is Trachea?

#### Ans:

The wind pipe, trachea is 10-12cm long and 2.5cm in diameter. Entering into the thoracic cavity, the trachea divides into the right and left bronchi. The trachea is



supported by C-shaped cartilages.

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### Question - 10:

What is The Larynx and Vocal Cords?

**Ans:**

It is the anterior enlarged part of the wind pipe, made of cartilage i.e. thyroid, cricoids. Arytenoids, etc. the enlarged thyroid cartilage is called Adam's apple. A cartilaginous muscular flap, the epiglottis is attached to the top of the thyroid cartilage. It can close the glottis while swallowing food. Vocal cords are stretched between thyroid and arytenoids cartilages. Vibrations of vocal cords produce sound. Rima glottidis is the opening between the cords.

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### Question - 11:

What is Pharynx?

**Ans:**

Pharynx is a common passage for air and food. The pharynx is divisible into naso-pharynx, oropharynx and laryngeal pharynx.

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### Question - 12:

What is The Nostril?

**Ans:**

Present inside the nose and above the mouth it is regionated anteroposteriorly into vestibule, respiratory channel and olfactory organs. A cartilaginous nasal septum divides the vestibule into two lateral halves. The respiratory channel passes through scroll-like turbinal bones and passes by olfactory region into pharynx through a pair of posterior nare. It performs (i) filtration, (ii) air-conditioning and (iii) warming.

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### Question - 13:

But what happens to the carbon dioxide?

**Ans:**

It goes through the lungs, back up your windpipe and out with every exhale. It's a remarkable feat, this chemical exchange and breathing in and out. You don't have to tell your lungs to keep working. Your brain does it automatically for you.

Factoids

Your lungs contain almost 1500 miles of airways and over 300 million alveoli.

Every minute you breathe in 13 pints of air.

Plants are our partners in breathing. We breathe in air, use the oxygen in it, and release carbon dioxide. Plants take in carbon dioxide and release oxygen. Thank goodness!

People tend to get more colds in the winter because we're indoors more often and in close proximity to other people. When people sneeze, cough and even breathe -- germs go flying!

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### Question - 14:

How does this exchange work?

**Ans:**

With the help of the red blood cells in your bloodstream. Your red blood cells are like box cars on train tracks. They show up at the sacs at just the right time, ready to trade in old carbon dioxide that your body's cells have made for some new oxygen you've just breathed in. In the process, these red blood cells turn from purple to that beautiful red color as they start carrying the oxygen to all the cells in your body.

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### Question - 15:

What do these sacs do?

**Ans:**

They help perform an incredible magic act. Your air sacs bring new oxygen from air you've breathed to your bloodstream. They exchange it for waste products, like carbon dioxide, which the cells in your body have made and can't use.

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**Question - 16:**

So, it all starts at the nose?

**Ans:**

Yup. About 20 times a minute, you breathe in. When you do, you inhale air and pass it through your nasal passages where the air is filtered, heated, moistened and enters the back of the throat. Interestingly enough, it's the esophagus or foodpipe which is located at the back of the throat and the windpipe for air which is located at the front. When we eat, a flap -- the epiglottis -- flops down to cover the windpipe so that food doesn't go down the windpipe.

So -- back to breathing -- the air has a long journey to get to your lungs. It flows down through the windpipe, past the voice box or vocal cords, to where the lowermost ribs meet the center of your chest. There, your windpipe divides into two tubes which lead to the two lungs which fill most of your ribcage. Inside each of your sponge-like lungs, tubes, called bronchi, branch into even smaller tubes much like the branches of a tree. At the end of these tubes are millions of tiny bubbles or sacs called aleoli. Spread out flat, all the air sacs in the lungs of an adult would cover an area about the third of a tennis court.

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**Question - 17:**

How do you breathe?

**Ans:**

You breathe with the help of your diaphragm and other muscles in your chest and abdomen. These muscles literally change the space and pressure inside your body to accommodate breathing. When your diaphragm pulls down, it not only leaves more space for the lungs to expand but also lowers the internal air pressure. Outside, where the air pressure is greater, you suck in air in an inhale. The air then expands your lungs like a pair of balloons. When your diaphragm relaxes, the cavity inside your body gets smaller again. Your muscles squeeze your rib cage and your lungs begin to collapse as the air is pushed up and out your body in an exhale.

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**Question - 18:**

Why do we need to breathe?

**Ans:**

All the cells in your body require oxygen. Without it, they couldn't move, build, reproduce, and turn food into energy. In fact, without oxygen, they and you would die! How do you get oxygen? From breathing in air which your blood circulates to all parts of the body.

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**Question - 19:**

How does the respiratory system in man work?

**Ans:**

A man can live without food for a few days, but without air he cannot live even for five minutes. The moment he is born he begins to breathe will continue to breath till he is alive. During the process of breathing he draws some air into his body and expels some. If this supply of air is cut off, he is suffocated and dies.

The air we breathe in is taken into the lungs through the wind pipe. The lungs are situated in the chest-one in each side of the body. The air we breathe in contains oxygen to the extent of one-fifth of the volume of air. The oxygen is dissolved in the blood and is carried to all parts of the body. The oxygen combines with the tissues and sets free the energy contained in them. The combination of oxygen with a substance is known as the process of oxidation, combustion or burning is going on in the human body every moment of the life of a man-whether he is awake or asleep. Heat is, of course, generated, but there is no fire.



The whole system of respiration can be summarized as follows :

- (1) Pure blood received from the lungs is pumped by the heart into the large arteries.
- (2) Veins bring impure blood from various parts of the body and pour it into the heart.
- (3) The heart pumps it out into the lungs for purification. Thus a cycle is formed and the process is automatic. Lungs are the most important part of this system, because it is they that purify the impure blood and discharge waste products like carbon dioxide. The other parts of the respiratory system are :
  - (a) the nose.
  - (b) The upper part of the wind-pipe which is modified into the voice box known as larynx.
  - (c) The wind-pipe.
  - (d) The lungs.

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### Question - 20:

How to get full range of movement for PA shoulder with full restricted movement?

**Ans:**

There are several methods to increase ROM like; massage, manual therapeutic techniques, Passive movts, And, very important is: whatever the movt is achieved by the patient, ask him/her to do free pendular exercises.

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### Question - 21:

What are the examples of isometric exercises?

**Ans:**

Put both hands together behind back head and push both hands forward at the same time when pushing head backward. This exercise increases strength at upper back muscle. Very useful exercise for people who have problem at cervical spine.

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### Question - 22:

What is CP rehabilitation?

**Ans:**

neurology

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### Question - 23:

Explain muscles and their functions in the human body?

**Ans:**

Muscles are what we usually call flesh. They have the power of contraction and consequently of expansion also. When a muscle contracts, it becomes shorter and thicker like a piece of India-rubber- its two ends coming nearer each other. Source of supply of energy to the muscle is the combustion of the glucose supply to the muscle to the muscle by blood and oxygen it carries with it

There are two types of muscles

- (a) Voluntary, and
  - (b) Involuntary.
- (a) Voluntary:- Voluntary muscles are those with which we can contract whenever we wish it which we move at will. These are joined to the bones at either end by chords. When a muscle of this kind contracts, it pulls one of the bones towards the other. Since a muscle cannot 'push', an opposing muscle brings the bent bone in the straight position.
- (b) Involuntary muscles :- Involuntary muscles are not connected with any bones and we have no control over them. The heart, the blood vessels, hair follicles the interior of the eye, alimentary canal, bladder and uterus, the respiratory organs inside the body all these are covered by these muscles. They do their work not under the command of man: hence they are involuntary muscles.

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