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39	A	B	C	D	E

PRACTICE QUESTIONS

Saudi Commission for Health Specialties (SCFHS)

PHYTH

Physiotherapy (Technician)

EDITION

Demo

QUESTIONS

9

FORMAT

Limited Edition PDF

Before you begin

What this is

9 practice questions for Saudi Commission for Health Specialties (SCFHS) **PHYTH**, each with its answer key and an explanation. Answer a question before you read its key — the explanation is worth more once you have committed.

If something looks wrong

Send us three things and we will check it:

- the exam code, **PHYTH**
- the question number
- the email address on your order

Write to **support@mometrix.net**. We reply within one business day.

QUESTION 1

SINGLE CHOICE

Which therapeutic modality uses high-frequency electrical currents to generate deep tissue heating without stimulating motor or sensory nerves?

- ☐ A Interferential therapy (IFT)
- ☐ B Transcutaneous electrical nerve stimulation (TENS)
- ☒ C Shortwave diathermy (SWD)
- ☐ D Galvanic stimulation (GS)

ANSWER C

WHY Shortwave diathermy uses high-frequency electromagnetic waves (typically 27.12 MHz) that produce deep tissue heating through dielectric loss, without causing direct nerve stimulation. IFT and TENS are low/medium frequency currents that primarily stimulate sensory/motor nerves for pain relief. Galvanic stimulation uses direct current for ion transfer and is not used for deep heating.

QUESTION 2

SINGLE CHOICE

According to the Maitland mobilization grading system, which grade is used to treat pain with small-amplitude movements performed at the beginning of the available range of motion?

- ☐ A Grade I
- ☒ B Grade II
- ☐ C Grade III
- ☐ D Grade IV

ANSWER B

WHY Maitland Grade II mobilizations are large-amplitude movements performed within the available range but not reaching the end-range, primarily used to reduce pain. Grade I is small amplitude at the beginning of range. Grade III is large amplitude up to end range for stiffness. Grade IV is small amplitude at end range for stiffness/adhesions.

QUESTION 3

SINGLE CHOICE

When prescribing exercises for a patient recovering from a rotator cuff repair in the early post-operative phase, which type of exercise is most appropriate to introduce FIRST?

- ☒ **A Isometric strengthening of the rotator cuff**
- ☐ B Resistive external rotation with elastic bands
- ☐ C Closed-chain scapular stabilization exercises
- ☐ D Heavy progressive resistive exercises for shoulder elevation

ANSWER A

WHY In the early post-operative phase after rotator cuff repair, isometric exercises are introduced first because they produce muscle contractions without joint movement, protecting the surgical repair while preventing atrophy. Resistive band exercises and heavy progressive resistance are introduced in later phases. Closed-chain scapular exercises may follow once appropriate healing has occurred.

QUESTION 4

SINGLE CHOICE

Which of the following conditions is an ABSOLUTE contraindication for the application of therapeutic ultrasound?

- ☐ A Implanted cardiac pacemaker
- ☒ **B Acute fracture with internal fixation**
- ☐ C Pregnancy over an abdominal application
- ☐ D Area with metal implants

ANSWER B

WHY Therapeutic ultrasound is contraindicated over metal implants due to reflection of sound waves, which may cause thermal buildup and tissue damage. Implanted pacemakers and pregnancy are contraindications for specific areas (avoid direct application over the device or uterus). However, treatment can be modified to avoid these areas. Metal implants and acute fractures with internal fixation require modification but may still allow treatment at other sites.

QUESTION 5

SINGLE CHOICE

During normal gait, which phase accounts for approximately 60% of the gait cycle?

- ☒ **A** Stance phase
- ☐ **B** Swing phase
- ☐ **C** Double support phase
- ☐ **D** Initial contact phase

ANSWER A

WHY The stance phase comprises approximately 60% of the gait cycle, while the swing phase accounts for the remaining 40%. Double support (when both feet are in contact with the ground) occurs twice during normal walking and accounts for about 20-25% of the cycle. Initial contact is the first instant of stance phase, not a separate phase.

QUESTION 6

SINGLE CHOICE

When performing passive stretching of the hamstrings, the physiotherapist positions the patient supine and flexes the hip to 90 degrees. What is the correct position of the knee during the stretch?

- ☒ **A** Knee fully extended to isolate hamstring length
- ☐ **B** Knee flexed at 90 degrees to relax hamstrings
- ☐ **C** Knee flexed at 20 degrees to avoid joint stress
- ☐ **D** Knee position is irrelevant in this stretch

ANSWER A

WHY To effectively stretch the hamstrings, the knee must be fully extended. The hamstrings cross both the hip and knee joints, and knee flexion would reduce tension on the muscle, making the stretch ineffective. The hip is flexed to 90 degrees with the knee extended to maximally elongate the hamstring muscle group.

QUESTION 7

SINGLE CHOICE

Which positioning technique is most effective for promoting drainage from the posterior basal segments of the lower lobes in a patient with copious sputum production?

- ☒ **A** Trendelenburg position with patient prone
- ☐ **B** Supine position with head elevated 30 degrees
- ☐ **C** Sitting upright with trunk flexed forward
- ☐ **D** Side-lying position with affected lung uppermost

ANSWER A

WHY Postural drainage of the posterior basal segments requires the patient to be in Trendelenburg position (head lower than feet) with prone positioning. This uses gravity to direct secretions from the posterior basal segments toward the main bronchi. The specific angle is typically 15-20 degrees head down.

QUESTION 8

SINGLE CHOICE

Which component of patient documentation is MOST important for the physiotherapy technician to record accurately during each treatment session?

- ☐ **A** Patient's subjective complaints and objective findings
- ☒ **B** Treatment parameters, patient response, and any adverse reactions
- ☐ **C** Detailed medical diagnosis and medication history
- ☐ **D** Insurance information and billing codes

ANSWER B

WHY The physiotherapy technician must accurately document treatment parameters (modality settings, duration, exercises performed), the patient's response to treatment, and any adverse reactions. Medical diagnosis documentation is the physician's responsibility, while insurance and billing are typically handled by administrative staff. Subjective complaints and objective findings are important but are typically part of the initial assessment.

QUESTION 9

MULTIPLE CHOICE

Which of the following are recognized neurophysiotherapy approaches used in stroke rehabilitation? (Choose two.)

- ☒ **A** Bobath concept (Neurodevelopmental Treatment)
- ☒ **B** Proprioceptive Neuromuscular Facilitation (PNF)
- ☐ **C** McKenzie Mechanical Diagnosis and Therapy
- ☐ **D** Constraint-Induced Movement Therapy (CIMT)

ANSWER **A** • **B**

WHY Both the Bobath concept (Neurodevelopmental Treatment) and Proprioceptive Neuromuscular Facilitation (PNF) are established neurophysiotherapy approaches widely used in stroke rehabilitation. The McKenzie approach is primarily used for mechanical spinal disorders. Constraint-Induced Movement Therapy is used in stroke rehabilitation but is a specific task-oriented approach rather than a broad neurophysiotherapy framework.