

**QP.Code: 203014**

**Reg. No.:.....**

Second Year **BPT** Degree Examinations - October 2012

**EXERCISE THERAPY**

**Time: 3 hrs**

**Max marks : 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x10=20)**

1. Define breathing exercise. Explain the types, indications and precautions of breathing exercise. (2+3+3+2=10)
2. Define muscle strength and mention the methods of strengthening quadriceps muscle from grade 1 to grade 5 (2+8=10)

**Short notes**

**(10x5=50)**

3. Indications, precautions and contraindications for hydrotherapy.
4. Immediate physiological response to aerobic exercises
5. Define passive movements and list out the advantages & disadvantages of passive movements
6. Anterior and posterior pelvic tilt.
7. List out the difference between true and apparent limb length measurement
8. Effleurage
9. Precautions, do and don't for stretching exercises
10. Define in-cordination. List the equilibrium and non equilibrium co-ordination tests
11. Classification of walking aids
12. Explain the types of suspension therapy with examples

**Answer briefly**

**(10X3=30)**

13. Define trick movements
14. Line of gravity
15. One muscular endurance test
16. Medical research council (MRC) - grading
17. Superficial sensory assessment
18. Types of goniometers
19. Muscle spindle
20. Karvonen's formula
21. Indications and contraindication of breathing exercises
22. Define hold-relax

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