

Second Year BPT Degree Examinations - October 2013

EXERCISE THERAPY

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Define stretching. Discuss the techniques, effects and precautions of stretching. Add a note on hamstrings muscle stretching.
2. Describe the types, measurements and prescription of walking aids

Short notes

(10x5=50)

3. Discuss the causes for decreased muscle performance
4. Principles of mobilization
5. Merits and demerits of hydrotherapy
6. Principles of pranayamas
7. Physiological responses to aerobic exercises
8. Discuss the determinants of stretching exercises
9. Multiple angle isometrics
10. Active assisted exercises
11. Forced expiratory techniques
12. Rhythmic initiation

Answer briefly

(10x3=30)

13. Petrissage
14. Gravity
15. List any two pulmonary function tests
16. Define posture
17. Define mobilization
18. Define passive movements
19. Define range of motion
20. Momentum
21. List the vital parameters
22. Power
