

Second Year BPT Degree Supplementary Examinations - April 2014

EXERCISE THERAPY

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Explain in detail the structures responsible for balance and various types of balance retraining (5+2+3=10)
2. Define massage. Describe the order of techniques for facial massage. Explain the therapeutic uses of each. (2+3+5=10)

Short notes

(10x5=50)

3. Mention the types of active exercises and list out the uses of each type of active exercises
4. Define axis and plane. Mention the axis and plane of shoulder joint movements
5. Any five important principles of manual muscle test
6. Define stretching. Explain indications and contraindications of stretching
7. Classify the passive movements. Mention the indications, contraindications of passive movements
8. List out the difference between isometric, isotonic and isokinetic exercises
9. Postural drainage positions for right and left upper lobes
10. Briefly explain proprioceptive neuromuscular facilitation (PNF) with emphasis on contract-relax and rhythmic stabilization
11. Explain the sequences of functional re-education from lying to sitting
12. Explain the physiological adaptations to aerobic exercises

Answer briefly

(10x3=30)

13. Define plyometric exercises
14. Reciprocal inhibition
15. Concave-convex rule and convex-concave rule
16. Any three properties of water
17. Disadvantages of group exercises
18. Benefits of yogasanas
19. Define vital capacity (VC)
20. Any three causes of limb length discrepancy
21. List the vital parameters
22. Define power and strength
