

Second Year BPT Degree Examinations - September 2014

(2012 Scheme)

EXERCISE THERAPY

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x14=28)

1. Define suspension therapy. Explain in detail about the principles, types, indications and contraindications of suspension therapy.
2. Define coordination. What are the principles of coordination exercises. Explain in detail about Frenkel's exercises.

Short notes

(4x8=32)

3. Describe concentric and eccentric exercises with examples.
4. Describe the indications, contraindications and goals of stretching exercises.
5. Explain progressive resisted exercises. Describe Delorme's technique.
6. What is good posture. Discuss about corrective methods and patient education to maintain good posture.

Answer briefly

(10x4=40)

7. Explain Jacobson's relaxation techniques.
8. Limb length measurement.
9. Indications and contraindications for joint mobilization.
10. Explain the grades of muscle strength.
11. Types of walking aids.
12. Physiological effects of aerobic training.
13. Therapeutic effects of exercises in water.
14. Principles of goniometry.
15. Explain rhythmic stabilization.
16. Therapeutic effects of massage.
