

(2012 Scheme)

EXERCISE THERAPY

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x14=28)

1. Define goniometry. Explain the types, principles, limitations and uses of goniometry.
2. List the various techniques used in massage. Describe the therapeutic effects for each.

Short notes

(4x8=32)

3. Describe the physiological effects of aerobic exercises.
4. Anthropometric measurements in detail.
5. What is suspension therapy. Describe the different types of suspension therapy.
6. Describe the various techniques of stretching. Add a note on the precautions and contraindications of stretching.

Answer briefly

(10x4=40)

7. Explain open and closed chain exercise for quadriceps.
8. Advantages and disadvantages of group therapy.
9. What is repetition maximum. Describe the procedure for determining 10RM.
10. Classification of walking aids.
11. Principles of hydrotherapy.
12. Explain hold relax and contract relax.
13. Enumerate the equilibrium tests for coordination.
14. Types of relaxation techniques.
15. Active and inactive postures.
16. Enumerate the various parameters measured in pulmonary function testing.
