

**Q.P. Code: 212014**

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

**Second Year BPT Degree Supplementary Examinations  
September 2018**

**Exercise Therapy**

**(2012 Scheme)**

**Time : 3 hrs**

**Max marks : 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x14=28)**

1. What are the causes for decrease in muscle performance. Describe the principles guiding training program targeting to improve muscle performance. (6 + 8)
2. Define posture. Mention common postural deviations and describe corrective measures for kyphotic posture. (3+4+7)

**Short notes**

**(4x8=32)**

3. Describe medical research council grading system for muscle testing.
4. Describe movements at shoulder joint in relation to axis and planes for movement.
5. Describe Maitland's grades for joint mobilization
6. Describe the physiology of balance

**Answer briefly**

**(10x4=40)**

7. What are the principles for relaxation
8. The effects and uses of active assisted exercises
9. What is delayed onset of muscle soreness
10. The disadvantages of group exercises
11. What are the types of suspension and mention their uses
12. Mention the components of D1 flexion pattern in upper extremity
13. Classify passive movements delivered to a joint.
14. What are the precautions and contraindications to stretching
15. Mention the causes for incoordination.
16. Describe the properties of water.

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