

**Second Year BPT Degree Supplementary Examinations  
March 2019**

**Exercise Therapy**

**(2012 Scheme)**

**Time: 3 hrs**

**Max marks : 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x14=28)**

1. Explain the principles of aerobic exercise training. Mention the effects of this training on the various systems of the body.
2. What are the principles and grades of mobilization. Explain the techniques of mobilization for shoulder joint.

**Short notes**

**(4x8=32)**

3. Describe the physiology of balance and the components of balance.
4. Explain relaxation and describe about Jacobson's relaxation.
5. Define suspension therapy. Explain the principles, uses, types and technique of suspension therapy.
6. What is proprioceptive neuromuscular facilitation (PNF). Explain the basic neurophysiologic principles of PNF

**Answer briefly**

**(10x4=40)**

7. Four limitations of goniometry.
8. Describe the stretching techniques for calf muscle tightness.
9. Define walking aids. Mention the types of walking aids and its uses.
10. Define functional re-education and mention the stages from lying to sitting.
11. Describe the types of resisted exercises with examples.
12. Tests of sensation.
13. Mulligan technique of joint mobilization.
14. What are the principles of hydrotherapy.
15. Define co-ordination and mention the non-equilibrium tests of co-ordination.
16. Pulmonary function tests.

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