

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

**Exercise Therapy  
(2010 Scheme)**

**Time: 3 hrs**

**Max marks: 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x10=20)**

1. Define stretching. Explain the determinants, techniques, contra-indications and effects of stretching.
2. Define resisted exercise. Describe about principles and types of resisted exercises in detail

**Short notes**

**(10x5=50)**

3. Non-weight bearing gait training.
4. The physiology of balance.
5. What is petrissage. Give its uses.
6. What are the principles of hydrotherapy.
7. Define fundamental position. Explain any one in detail.
8. Aerobic exercises.
9. What are the principles and grade of joint mobilization.
10. Jacobson's relaxation technique.
11. What is yoga. Mention its basic principles.
12. Discuss with examples the close kinetic chain exercises for shoulder

**Answer briefly**

**(10x3=30)**

13. Define active and inactive postures.
14. Resisted isometric exercise
15. Apparent limb length.
16. Define work and endurance.
17. What is hold relax
18. What is circuit - interval training
19. Describe Mat exercises.
20. List four effects of pranayama.
21. List the various walking aids.
22. What are the types of suspension.