

# 2010 Scheme

Q.P. Code: 203014

Reg. No.:.....

## Second Year BPT Degree Supplementary Examinations June 2021 Exercise Therapy

Time: 3 hrs

Max marks: 100

- Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space
- Answer all parts of a single question together • Leave sufficient space between answers
- Draw table/diagrams/flow charts wherever necessary

### Essays

(2x10=20)

1. Describe in detail the postural mechanisms. What are the principles and techniques of postural re-education
2. Describe the indications, principles and procedure of Frenkel's exercises

### Short notes

(10x5=50)

3. Group exercises
4. Hold and relax technique
5. Determinants of gait
6. Techniques of giving effleurage for upper extremity
7. Pulleys and springs
8. Uses of breathing exercises
9. Oxford method of manual muscle testing
10. Plyometric exercises
11. Self stretching of hamstring muscles
12. Types and phases of aerobic exercises

### Answer briefly

(10x3=30)

13. Gravity
14. Trendelenberg gait
15. Contraindications for hydrotherapy
16. Therapeutic Massage
17. Repetition maximum
18. Endurance
19. Agility exercises
20. Prone kneeling
21. Quadripod
22. Passive Movements

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