

**Second Year BPT Degree Regular/Supplementary Examinations
June 2021**

**Exercise Therapy
(2016 Scheme)**

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 diagrams wherever necessary*

Essays

(2x15=30)

1. Give the principles of strengthening. Describe the procedure to strengthen quadriceps femoris from grade 3 to grade 5. Add a note on open and close kinematic chain exercises.
2. Define goniometry. Explain the types, principles, limitation and uses of goniometry.

Short Essays

(4x10=40)

3. Explain the Jacobson's relaxation technique.
4. Define functional reeducation. Add a note on mat activities.
5. Explain the principles and uses of passive movements .
6. Explain the physiological uses of massage. Describe the technique of petrisage.

Short Answers

(10x3=30)

7. Proprioceptive Neuromuscular Facilitation.
8. Define 10 RM. Mention the steps in De lorme resistance training.
9. Grades of joint mobilization.
10. Give three advantages and three disadvantages of group exercises.
11. Techniques of pranayama.
12. Procedure for limb length measurement.
13. List the various walking aids.
14. Good Posture
15. Suspension therapy- Techniques and indications.
16. Explain any 1 coordination test.
