

# 2012 Scheme

Q.P. Code: 212014

Reg. No.:.....

Second Year BPT Degree Supplementary Examinations February 2022

## 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

(2x14=28)

1. Explain in detail about the types , positions , indications and contraindications of postural drainage.
2. Define PNF, neuro physiological principles of PNF and explain the technique of rhythmic stabilization with suitable example

### Short notes

(4x8=32)

3. Muscle energy technique- types and explain the management of hamstring muscles with MET
4. Explain about the upper limb coordination tests
5. Definition and physiological response of aerobic exercise
6. Mobilization for tibiofemoral joint

### Answer briefly

(10x4=40)

7. Describe about the active knee extension test.
8. Explain about close kinematic open kinematic chain exercise with examples.
9. Explain the techniques of relaxation
10. What are the types of suspension therapy
11. Describe the Isokinetic Exercises and its advantages.
12. What are the principles of Asanas
13. Explain the preparation of therapist before massage.
14. Schobers test.
15. Merits and demerits of hydrotherapy
16. Describe the diaphragmatic breathing exercise

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