

# 2012 Scheme

Q.P. Code: 212014

Reg. No.:.....

Second Year BPT Degree Supplementary Examinations February 2023

## 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 the principles, grades, effects, indications, and contraindications of joint mobilization. Mention the different schools of thought in mobilization.
2. Explain the principles of exercise training.

### Short notes

(4x8=32)

3. Explain the PNF patterns for the upper extremity.
4. Mention the different techniques of relaxation. Explain any one. What are the effects of relaxation.
5. Discuss the physiological adaptations to strength training in the skeletal muscles
6. Discuss the equilibrium and non equilibrium tests for coordination.

### Answer briefly

(10x4=40)

7. List the various walking aids. Add a note on elbow crutch.
8. Discuss the body mass index and its significance.
9. Mention the various techniques of massage. Explain any effleurage.
10. Explain the techniques and effects of yogic meditation.
11. Discuss functional reeducation in supine lying.
12. Explain the preparation of the therapist prior to massage.
13. What is 10 R M. Mention its significance.
14. Explain the types of suspension therapy.
15. Describe the stretching technique for hamstring tightness.
16. Explain make and break tests.

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