

**Second Year BPT Degree Regular/Supplementary Examinations
February 2023**

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. Explain the principles, grades, indications, contraindications and effects of joint mobilization.
2. Define stretching. Explain the determinants, techniques, contraindications and effects of stretching. Give the procedure for stretching the hamstring group of muscles.

Short Essays

(4x10=40)

3. Explain the principles of aerobic training..
4. Describe the various physiotherapy methods for improving standing balance.
5. Give the classification of yogasana. How could yoga be incorporated during physiotherapy treatment protocols.
6. Explain the principles of hydrotherapy.

Short Answers

(10x3=30)

7. Mention the advantages of relaxation techniques.
8. List the various walking aids.
9. Define 10 RM. Mention the steps in Oxford resistance training.
10. Explain any two corrective methods and points for patient education for maintenance of good posture.
11. Give three advantages and three disadvantages of group exercises.
12. Mention any three advantages and three limitations of manual muscle testing.
13. Open kinematic chain exercises for quadriceps muscle strengthening.
14. Explain any one fundamental position.
15. Mention the advantages of mat exercises.
16. Mention any four anthropometric measurements. Make a note on any one.
