

B.P.T. [1st Prof.]

BF/2006/11

Exercise therapy - I

M.M. : 90

Time : 3 Hours

Section - A

All questions are compulsory. Answer to each question upto 5 lines in length. Each question carries 2 Marks.

[20]

1. What is Contracture.
2. What is Assessment.
3. What is Joint position sense.
4. What is Fowler's position.
5. What is accessory movement.
6. What is axis of movement.
7. What is Co-ordination.
8. Define eccentric muscle work.
9. Define Motor Unit.
10. What is Quadriceps lag.

Section - B

Attempt any 8 questions. Answer to each question upto 2 pages in length. Each questions carries 5 Marks.

[40]

1. What are the indications & contraindications of Suspension therapy.
2. What are the principles of Muscle testing.
3. Discuss the procedure for measurement of ROM of Pronation/Supination of Forearm.
4. How to prepare the patient for Back massage.
5. What are the factors which promotes relaxation.
6. Describe the different equipments used in the Gymnasium.
7. What are the different types of Passive movements.
8. Describe the strategies for effective exercise instruction.
9. What is SAID principle.
10. Discuss the derived position from Standing.
11. What are the different types of Stretching.
12. Discuss the grades of Passive mobilization.

Section - C

Attempt any 2 questions. Answer to each question upto 5 pages in length. Each questions carries 15 Marks.

[30]

1. Discus the different techniques of Progressive Resisted exercises.
 2. What are the different yes of Goniometers. Describe the methods to measure Spinal ROM.
 3. Discuss different techniques of Soft Tissue manipulation.
 4. What is Relaxation. Discuss various methods of Relaxation.
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