

B.P.T. [1st Prof.]
BF/2007/12

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. Transverse frictions.
2. Percussions.
3. Grade III of Occipito-frontalis muscle testing.
4. Balastic stretching.
5. Crook lying position.
6. Walk standing position.
7. Muscle tone.
8. Physiological benefits of effleurage.
9. Therabands.
10. Delorme's P.R.E. regime.

Section - B

Attempt any 8 questions. Answer to each question upto 2 pages in length. Each questions carries 5 Marks. [40]

1. Laura Mitchels relaxation technique.
2. Muscle testing protocol for Sartorius muscle.
3. Method of measuring R.O.M. of lateral rotation of hip joint.
4. Indications of Passive movements.
5. Comparison of Frankel's exercise and co-ordination exercises.
6. Basic principles of Active assistive movements.
7. Theories of motor control.
8. Augmented feed back.
9. What are Circulatory benefits of Massage.
10. Difference in application of Passive movements for UMN and LMN lesions.
11. Describe the grades of M.M.T.
12. What are factors responsible for muscle fatigue.

Section - C

Attempt any 2 questions. Answer to each question upto 5 pages in length. Each questions carries 15 Marks. [30]

1. Describe indications and contraindications of Suspension therapy.
 2. Describe various tools used in therapeutic Gymnasium.
 3. Classify Massage. Briefly give its history and various techniques in brief.
 4. Give the method of application of Passive movements in right lower limb.
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