

## 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. Measurement of External rotation of shoulder by Goniometer.
2. Grade 3 evaluation of triceps.
3. Oxford techniques.
4. Accessory movements.
5. Efflurage.
6. Stretch reflex in motor learning.
7. Therabands.
8. 3<sup>rd</sup> order lever with example in human body.
9. Eccentric motion.
10. Isolytic contractions.

### Section - B

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

1. Describe the fundamental starting position of Kneeling and its modifications.
2. Suspension therapy for medial rotation assistance at the Hip joint.
3. Progressive relaxation techniques.
4. Differentiate Fatigue from Soreness.
5. Indications of Passive movements.
6. Describe the procedure of testing of transverse abdominis muscle strength.
7. Contraindications of Manual therapy.
8. Environmental changes to induce relaxation.
9. Classification of Motor skills.
10. Types of Goniometers and Parts of a clinical goniometer.
11. Describe uses of Swiss ball.
12. What is Muscle spasm. How can massage help in relieving it.

### Section - C

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

1. Write a detailed note on active exercises.
  2. Describe various techniques of massage along with the physiological effect of each of these.
  3. Describe measurement of Range of Motion of Lumber and Cervical spine.
  4. Describe types of Suspension. What are the uses and its contraindications.
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