

# B.P.T. [1<sup>st</sup> Prof.]

BF/2009/07

## 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. Method of measurement of Range of motion of forearm supination.
2. Physiological benefits of Effleurage.
3. Define Relaxation.
4. Medicinal balls.
5. Guthrie smith frame.
6. Stride standing.
7. Delorm's technique.
8. 1 RM.
9. Method of measurement of Grade 3 for seratus anterior.
10. Kneeding.

### SECTION – B

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

1. Principles of techniques of Passive movements.
2. Write a note on Progressive resistive exercise, giving examples.
3. Theories of Motor control.
4. Factors causing Muscle tension.
5. Effects of Massage on circulation and metabolism.
6. Describe measurement of Range of motion for Lumber spiner flexion and extension.
7. MMT for Illiopsoas muscle.
8. Describe derived starting positions in sitting.
9. Write a note on types of movements.
10. Write a detailed note on Deep friction massage.
11. Write a note on Learning of Motor skill.
12. Describe the equipments used for Resistive exercises.

### SECTION – C

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

1. Write in detail the principles, effects, indications and contraindications of Active movements.
2. Write various types of Relaxation techniques and compare their benefits.
3. Describe the use of Suspension therapy for Lower limb.
4. Describe MMT for measuring muscle strength of Trunk muscles.

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