

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

BF/2007/07

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. Isokinetic muscle action.
2. Causes of Motor incoordination.
3. Girth measurements of a muscle.
4. Use of Static cycle.
5. Active assisted movements.
6. Kneeling as a starting position.
7. Kneading.
8. Petrissage.
9. Normal range of motion in hip joint-its values.
10. Weight Cuffs.

Section - B

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

1. Describe the steps involved in measuring ROM of Supination and Pronation.
2. How will you measure Range of motion in Spinal flexion and extension.
3. Compare Oxford technique with Delorme's technique.
4. Describe Grade V measurement method for triceps.
5. Describe environmental changes that are helpful in inducing relaxation.
6. Describe the strategies for effective exercise instructions.
7. How to prepare a patient for Leg massage.
8. Describe physiological benefits of back massage.
9. Describe axial suspension.
10. What are different types of muscle actions.
11. Describe applications of the theories of Motor control.
12. How can you use Suspension for assisted or resisted exercises.

Section - C

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

1. Classify, define and describe various techniques used in Massage for the back.
2. Describe briefly the Normal values and method of measurement of ROM in lower limb.
3. Describe principles and methods of application of Passive movements.
4. Compare various techniques used in Relaxation.