

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

BF/2009/11

## 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. Transverse Frictional massage.
2. Shoulder Pulley.
3. P.R.E. for Shoulder Abductors.
4. Normal values of Range of motion in hip joint.
5. Grade II M.M.T. for Sartorius.
6. Therabands.
7. Axial suspension.
8. Half Lying.
9. Isometric Exercises.
10. Oxford Regieme.

### SECTION – B

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

1. Causes of muscle fatigue.
2. M.M.T. for Pectoralis major.
3. Describe all the starting positions in sitting.
4. Elaborate the types of muscle work.
5. Describe the benefits of suspension therapy.
6. Write a short note on History of soft tissue mobilization.
7. Discuss briefly the equipments used for increasing or maintaining R.O.M.
8. Classify motor skills.
9. How will you measure R.O.M. of forearm supination and pronation.
10. Grade V, M.M.T testing for Abdominal muscles.
11. Contraindications to 'active movements'.
12. Measurement of Range of motion of Ankle and subtalar joints.

### SECTION – C

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

1. Describe the technique of Passive movements in upper limb.
2. Describe the procedure of message to the Thoraco-Lumber Spine.
3. Describe briefly the M.M.T. techniques in upper limb.
4. Write a note on principals and techniques of goniometer and how will you measure R.O.M. in Shoulder Joint.

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