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**B.P.T. [2<sup>nd</sup> Prof.]**  
BF/2007/12

**Exercise Therapy-II**

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. Passive insufficiency.
2. Gomukhasana.
3. Free exercises for Subtalar joint.
4. Vajrasana.
5. High stepping gait.
6. Step length & Stride length.
7. Positional traction.
8. Gutter crutches.
9. Closed packed and Loose packed position for shoulder.
10. Sherrington's law of innervation.

**Section - B**

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

1. Explain the technique of Pranayama with its physiologic effects.
2. Define Co-ordination. Explain causes for Co-ordination.
3. Enumerate an exercise programme to improve dynamic balance for a patient who has achieved static balance recently.
4. Kinetics of Gait.
5. Kinetics and Kinematics of Posture.
6. Explain ideal posture as it relates to surface landmarks from a side view.
7. Explain various PNF stretching techniques with examples.
8. Describe therapeutic effects of mechanical traction with precautions.
9. Describe Endurance training.
10. Explain mechanics of Respiration.
11. What are the walking aids available in rehabilitation. Explain indications for various types of walking aids.
12. Review contraindications for Cervical traction. Explain the technique of application for the same.

**Section - C**

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

1. How do you diagnose a case of Scoliosis? List down various stretching & strengthening exercises for Scoliosis in detail.
  2. Explain points to remember while setting up of Hydrotherapy department in a Multispeciality hospital. How do you provide exercises in water to improve lower limb function with review of contraindications.
  3. Describe techniques to Re-educate ADL function for a patient from lying to walking.
  4. Explain techniques & principles for Frenkel's exercises. Describe in detail to improve co-ordination for Upper limb[Lt].
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