

B.P.T. [2nd Prof.]

BF/2009/07

Exercisetherapy-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. Contract relax.
2. Stride length.
3. Spasticity.
4. Spatial summation.
5. Centre of Gravity.
6. Hip strategy to maintain balance.
7. Pump handle movement in normal breathing.
8. Passive insufficiency.
9. Force velocity relationship.
10. Eccentric contraction.

SECTION – B

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

1. Explain the advantages and disadvantages of Group therapy.
2. Normal breathing mechanism.
3. What are the indications and contraindications of manipulation.
4. Explain various grades of Joint mobilization.
5. Explain the technique for the use of a Tripod stick as a walking aid.
6. Trendlenberg's gait.
7. Lordotic posture and its compensations.
8. Frenkel's exercises.
9. Explain various techniques of strengthening exercises.
10. Techniques and indications of Assisted exercises.
11. Explain the advantages and disadvantages of exercises for a normal person.
12. Explain the technique and indications & contraindications of Diaphragmatic breathing.

SECTION – C

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

1. Define Gait. Discuss the Sagittal plane analysis of Gait cycle.
2. Discuss various therapeutic uses of Hydrotherapy. Add a note on buoyancy assisted and resisted exercises.
3. What are the various techniques of Traction. Explain the indications, contraindications and techniques of Cervical traction.
4. Explain the principle of Proprioceptive neuromuscular facilitation. Describe in detail its technique of application.
