

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

BF/2006/11

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. Define Muscle tone.
2. Techniques of Strengthening.
3. Trenkel's exercise.
4. Buoyancy.
5. Therapeutic effects of exercise.
6. Define Joint mobility.
7. Contraindications of Cervical traction.
8. Name the types of Walking aids.
9. Define functional re-education.
10. Define centre of gravity.

Section - B

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

[40]

1. Describe the method of training a patient for partial weight bearing with the help of axillary crutches.
2. Define Gait cycle and mention about the stance and swing phase components.
3. What is dynamic balance. Mention about the factors affecting the dynamic balance.
4. What are the principles of PNF? Describe them briefly.
5. Write the procedure of applying the lumbar traction to a patient & write any of the five indications.
6. Write the advantages of group therapy.
7. Write the effects and uses of the generalised breathing exercises.
8. What are the effects and uses of Hydrotherapy. Describe in brief about the preparation of the patient for Hydrotherapy.
9. What is Muscle insufficiency. Describe in detail about active insufficiency and passive insufficiency with examples.
10. What are the techniques used for the joint mobilisation.
11. Describe the importance of Yogasanas in maintaining good health.
12. Describe the ideal standing posture and mention the name of the various muscles (muscle work) responsible for the ideal standing posture.

Section - C

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

[30]

1. Define Manipulations and write about its indications and contraindications.
 2. Describe the Padmasana and write its effects and uses.
 3. Describe the role of active free exercises in joint mobility.
 4. Describe the muscle work during the abduction of Shoulder from 0° to 90°.
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