

# B.P.T. [2<sup>nd</sup> Prof.]

BF/2008/12

## 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. Define Endurance.
2. What are breathing exercises.
3. What is Accessory movement.
4. Definition and types of Equilibrium.
5. Define Axes and plane.
6. Define Frenkel's exercises.
7. Define Tone.
8. What is 1 RM.
9. Define starting position.
10. What is angle of Pull.

### SECTION - B

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

1. Define between Isotonic, Isometric and Isokinetic exercises with relevant examples.
2. Explain in detail the preparation of crutch walking.
3. Define Posture and explain various characteristics of good posture.
4. Explain role of diaphragm in breathing.
5. Enumerate an exercise programme to improve static trunk balance in an progressive manner?
6. Define PNF. Describe diagonal patterns of PNF.
7. Explain procedure and preparation of Lumbar traction in PIVD.
8. Explain various free exercises of shoulder complex with diagram.
9. List various exercises used to improve hand function in children with in-coordination.
10. What are pulleys? Briefly describe their therapeutic use?
11. What are relaxation techniques. General principles of relaxation techniques.
12. Define Joint mobilisation. Explain various levels of grading joint mobilisation.

### SECTION - C

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

1. Describe indication, goals, precautions and contraindications of Stretching.
  2. Explain in detail physiological and therapeutic effects of Hydrotherapy.
  3. Define and explain various spatial and temporal parameters of normal gait.
  4. Explain the mechanism by which vestibular system helps in maintaining balance.
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