

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 Power.
2. What is Mat Exercises.
3. Axillary Crutch.
4. Define Group therapy.
5. Rhythmic stabilizations.
6. Define 10 RM.
7. What do you mean by 'Joint Stiffness'?
8. Define "Swing to" crutch waling.
9. Define ADL.
10. Buoyancy.

Section - B

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

[40]

1. Explain movements of the airway during breathing.
2. Hold-Relax techniques and its application with suitable examples.
3. Explain 4-point Crutch walking with its practical applications.
4. Why hydrotherapy is considered one of the best medium for rehabilitation?
5. Write indications of Traction techniques. Does it have any role in acute PIVD?
6. Write the role of Yoga in relaxation.
7. Write an essay on Endurance training.
8. What is Group therapy. Write the advantages of Group therapy.
9. What are the common causes of deviation of Posture?
10. Write a note on Dynamic balance.
11. Write the role of exercise to prevent diseases, if it is so.
12. How the balance is influenced by neuromuscular control?

Section - C

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

[30]

1. Write principles of PNF and its therapeutic uses.
2. What is the importance of ADL training in rehabilitation? Write the procedures to assess ADL in case of a Brachial Plexus injury(right) patient.
3. How you will mobilize a patient with "Frozen Shoulder"? What are the precautions should be taken in this case?
4. Explain different types of Resistance training.