

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

BF/2009/11

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. Discuss about D.A.P.R.E.
2. Name four reversal technique of P.N.F.
3. Four point gait.
4. How to stretch hamstrings.
5. Uses of whirlpool.
6. Postural drainage position for Right anterior bronchopulmonary segment of upper lobe.
7. Muscle work from flat foot to mid stance.
8. Recreational therapy.
9. Centralization of pain.
10. Four Resisted exercises for Knee Extensors.

SECTION - B

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

1. Enumerate the causes of neuro muscular inco-ordination and respective therapeutical intervention to improve co-ordination.
2. Discuss about the pre crutch walking training.
3. Discuss about the various hydrotherapy techniques with example of buoyancy assisted and resisted exercises.
4. How to increase knee joint flexion ROM of a post immobilization care using Kelternborn Joint Mobilization technique.
5. Discuss about five yoga asana to maintain lumbar lordosis in patients with flat back.
6. Discuss about active cycle of breathing technique.
7. How to stretch TFL and Quadriceps.
8. Give few examples of Exercises for normal persons and their benefits.
9. How to perform Pawan Mukta asana.
10. Describe the suspension therapy technique to increase the strength of elbow extensors.
11. How to perform quadrant test for cervical region.
12. Discuss about the Kinematics during heel strike to heel off.

SECTION - C

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

1. Classify therapeutical exercises and discuss in detail about the physiological and therapeutical effects of all types separately.
2. What is the basic concept of P.N.F. Discuss about the basic techniques of P.N.F.
3. Discuss about the physiological and therapeutical effects of Lumbar traction and also discuss how to set parameters like weight, treatment duration, static or intermittent, hold-Relax ratio, position of the part and progression in cervical and Lumbar traction.
4. Discuss about etiology, assessment and management of any seven pathological gait.
