

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

BF/2010/05

## 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. Differentiate between muscle power and muscle strength.
2. Discuss about Contract-Relax technique of PNF.
3. What is shadow walking?
4. Discuss stretch Reflex.
5. How to assess spasticity?
6. What do you understand by Hydrodynamic Exercises.
7. Define and name four Adaptive Devices.
8. Indications of Forced Expiratory Techniques.
9. Indications of static cervical traction.
10. Indications of DI flexion PNF pattern of lower limb.

### SECTION - B

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

1. Discuss about the neurophysiological mechanisms behind P.N.F.
2. Discuss about the normal posture and also about various postural deviations.
3. Types of walking Aids and their respective Indications.
4. Discuss about any five yoga asana and their respective Indications.
5. Discuss about the importance of functional re-education in Rehabilitation.
6. Discuss about the movement of Ribs during Inspiration and Expiration.
7. What is SAID principle?
8. How to stretch piriformis muscle.
9. How whirlpool is useful for physiotherapists? Also discuss technique to Strengthen Knee Extensors using whirlpool.
10. How to perform DI flexion PNF pattern for right upper Limb.
11. Indications and contraindications of suspension therapy.
12. How to strengthen grade two hip Abductors to grade three?

### SECTION - C

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

1. Discuss about normal gait cycle in respect to kinematics and kinetics.
2. Discuss about the various types of tanks as pools for hydrotherapy and also discuss how hydrotherapy can be useful for strengthening of muscles.
3. Discuss how to do assessment of a patient with a chief complaint of pain on instability in the right shoulder with special attention to special tests.
4. Discuss about the grades of Kelternborn and Maitland's Joint Mobilization technique and how to use Kelternborn to the Right Knee Joint to increase flexion ROM.

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