

**Second Year BPT Degree Supplementary Examinations - September 2014  
(2010 Scheme)**

**EXERCISE THERAPY**

**Time : 3 hrs**

**Max marks : 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x10=20)**

1. Explain the principles of manual muscle testing. Add a note on its advantages and disadvantages.
2. Define passive movements and explain its uses, principles & limitations.

**Short notes**

**(10x5=50)**

3. Explain the physiological changes that occur with aerobic training.
4. Merits and demerits of goniometric measurements.
5. What is progressive resisted exercise and describe Delorme's technique.
6. Explain the concept of McKenzie exercise protocol.
7. Principles of proprioceptive neuromuscular facilitation.
8. Explain any two techniques of massage in detail.
9. Explain co-ordination tests.
10. Explain different types of walking aids.
11. Advantages and disadvantages of group exercise therapy.
12. Explain any two techniques of pranayama.

**Answer briefly**

**(10x3=30)**

13. Two-point gait pattern.
14. Define trick movements and list two examples.
15. Techniques of measurement for axillary crutch in supine lying.
16. Define strength and endurance.
17. What is petrissage and mention its uses.
18. Define prime movers and synergists.
19. Concave – convex rule.
20. Plyometric exercises.
21. Indications of mat exercises.
22. Methods of limb girth measurement.