

Second Year BPT Degree Supplementary Examinations - May 2015  
**(2010 Scheme)**

**EXERCISE THERAPY**

**Time : 3 hrs****Max marks : 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays****(2x10=20)**

1. Discuss the principles, indications and limitations of manual muscle testing.
2. Discuss in detail regarding the causes of immobility and describe the effects and uses of passive movements.

**Short notes****(10x5=50)**

3. Plyometric exercises
4. Describe sway back posture with reference to ideal plumb line alignment
5. Advantages and disadvantages of group exercises
6. Principles of asanas
7. Mitchell's method of relaxation with an example.
8. Factors influencing equilibrium
9. Sensory evaluation
10. Describe the types of muscle actions
11. Delayed onset muscle soreness
12. Effleurage and mention its effects and uses

**Answer briefly****(10x3=30)**

13. Centre of gravity
14. Inertia
15. Define strength
16. Define balance
17. Define manipulation
18. List the contraindications of postural drainage
19. Concave convex rule
20. Friction
21. Mention the types of goniometers
22. Kneeding