

**EXERCISE THERAPY
(2010 Scheme)**

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Define joint mobilization. What are physiological and accessory movements. Add a note on concave – convex rule with the help of a neat diagram.
2. Define goniometry. Explain types, principles, limitations and uses of goniometry.

Short notes

(10x5=50)

3. Group therapy.
4. Describe limb length measurement in detail.
5. Classify stretching and mention its precautions and contraindications".
6. Types of suspension therapy and its Uses.
7. Open chain and closed chain exercises.
8. Indications and contraindications of resisted exercises.
9. "Mat activities in floor level
10. Procedure of strengthening quadriceps muscle from grade 1 to 5.
11. List out the different gait deviations and explain any two in detail.
12. Determinants of aerobic exercise training.

Answer briefly

(10x3=30)

13. Three-point gait.
14. Hold relax technique and its uses.
15. List the contraindications of massage.
16. Disadvantages of free exercises.
17. Define step length and cadence.
18. Jacobson's relaxation technique.
19. Good posture.
20. Grades of muscle strength.
21. Second order lever.
22. Principles of pranayama.