

Second Year BPT Degree Examinations - October 2015

## **(2012 Scheme)**

### **EXERCISE THERAPY**

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

- Answer all questions
- Draw diagrams wherever necessary

**Essays****(2x14=28)**

1. Explain in detail the therapeutic applications of massage.
2. Define coordination. Explain the principles of re-education of coordination. Add a note on the causes of incoordination.

**Short notes****(4x8=32)**

3. Types of equipments used in resistance training
4. Indications and goals of passive stretching
5. Anthrpometric measurements
6. Define free exercises. Explain the principles of free exercises.

**Answer briefly****(10x4=40)**

7. Indications for relaxation technique
8. Pelvic tilt
9. Gutter crutch
- 10.Types of muscle contraction
- 11.Aerobic exercises and physiological response to aerobic exercises
- 12.Contraindications for postural drainage
- 13.Repetition maximum
- 14.Endurance test
- 15.Hacking manipulation
- 16.Derived positions from sitting

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