

**EXERCISE THERAPY
(2010 Scheme)**

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Define hydrotherapy. Discuss in detail the therapeutic effects of exercises in water. (2+8=10)
2. Explain the principles and different types of walking aids in detail (6+4=10)

Short notes

(10x5=50)

3. Effect and uses of pranayama
4. Group exercises
5. Define tonic and phasic muscles, give one example for each type of muscle.
6. Frenkel's exercise
7. Balance re-training exercises
8. Indications and contraindications of mobilization
9. Neural tension test for ulnar nerve
10. Physiology of stretching
11. Explain the types of suspension therapy
12. Patterns of proprioceptive neuromuscular facilitation for upper limb

Answer briefly

(10x3=30)

13. Brief resisted isometric exercises (BRIME)
14. Open-chain and closed chain exercises
15. Define local and general endurance
16. Contraindications of passive movements
17. Any three local relaxation techniques
18. Segmental limb length measurements
19. Define anthropometry
20. Parts of goniometer
21. Any three uses of pulleys
22. Define centre of gravity (COG) and line of gravity (LOG)