

**EXERCISE THERAPY
(2010 Scheme)**

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Define aerobic exercise and list its principles. Explain in detail about aerobic exercise program.
2. Define massage and classify the various techniques used in massage. Explain the therapeutic effect for each.

Short notes

(10x5=50)

3. Postural drainage – principles, indications and contraindications.
4. Organisation of Group Exercises
5. What is suspension therapy and mention the types of suspension therapy.
6. Explain briefly about frenkel's exercises.
7. Principles of hydrotherapy.
8. Classification and uses of passive movements.
9. Stretching method and home program for tendo-achilles tightness.
10. Co-ordination exercises: principles, techniques and uses.
11. Explain the method of measuring true and apparent limb length.
12. Pre – crutch training.

Answer briefly

(10x3=30)

13. DeLorme's technique.
14. Passive insufficiency with an example.
15. Factors responsible for good posture.
16. Uses of cool down exercises.
17. Coughing and huffing.
18. Equilibrium board.
19. Define diaphragmatic breathing exercise and mention two uses.
20. List three exercises to mobilize a stiff shoulder.
21. Rhythmic stabilization.
22. Four point gait pattern.