

(2012 Scheme)

EXERCISE THERAPY

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x14=28)

1. Explain the causes of decreased muscle performance. Discuss in detail the types of exercises used to strengthen muscles. (6+8=14)
2. Discuss the principles, equipments used in suspension therapy. Explain the technique of suspension therapy for right shoulder joint. (4+2+8=14)

Short notes

(4x8=32)

3. Principles of giving relaxed passive movements.
4. Basics of neurodynamics
5. Anatomy and physiology of cerebellum
6. Explain progressive resisted exercises .

Answer briefly

(10x4=40)

7. Postural mechanism
8. Pendular exercises
9. Lateral costal expansion exercises.
10. Test for neuromuscular deficiency
11. Classification of free exercises
12. Properties of water
13. Frenkels exercise
14. Rhythmic initiation
15. Indications for triggerpoint release
16. Principle of meditation
