

**Second Year BPT Degree Examinations August 2017**

**EXERCISE THERAPY**

**(2012 Scheme)**

**Time: 3 hrs**

**Max marks : 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x14=28)**

1. Explain in detail about the principles, grades, indications, contraindications, effects and uses of mobilization.
2. Explain in detail the principles of suspension therapy. Describe the technique for shoulder internal and external rotation movements.

**Short notes**

**(4x8=32)**

3. Define goniometry. Explain types, principles and uses of goniometry.
4. Describe co-ordination exercises.
5. Describe the effects of aerobic exercises with its principles.
6. Discuss in detail about posture.

**Answer briefly**

**(10x4=40)**

7. Describe the stretching techniques for hamstring tightness.
8. Explain anthropometric measurements.
9. Describe the types of muscle contraction with examples.
10. Explain the methods of progressive strength training.
11. Briefly describe any four positions derived from standing.
12. Diaphragmatic Breathing exercise
13. Classify Asanas. Explain any two in brief.
14. Four principles of manual muscle testing.
15. Describe limb length measurement techniques in lower limb.
16. Explain the principles of training with walking aids.

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