

**EXERCISE THERAPY
(2010 Scheme)**

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Explain in detail the techniques of proprioceptive neuromuscular facilitation.
2. Describe the causes of in-coordination explain the principles of coordination exercises

Short notes

(10x5=50)

3. Forced expiratory techniques
4. Determinant of an aerobic exercise program.
5. Grades and principles of joint mobilization.
6. Postural mechanism.
7. Properties of water.
8. Principles and technique of pranayamas.
9. Measures for prevention of muscle wasting.
10. Free exercises for shoulder joint.
11. Manual muscle testing technique for hamstrings.
12. What are derived positions. Explain with examples.

Answer briefly

(10x3=30)

13. Delayed onset muscle soreness.
14. BRIME (Brief Resisted Isometric Exercise).
15. Concave-Convex rule.
16. Fixation
17. Ranges of muscle work.
18. Endurance
19. Schobers test.
20. Accessory joint motion.
21. Angle of pull
22. Pendular exercise