

(2012 Scheme)

EXERCISE THERAPY

Time: 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x14=28)

1. Define co-ordination. What are the principles of co-ordination exercises. Describe in detail about Frenkels exercises.
2. Define stretching. Explain the determinants, techniques, contra-indications and effects of stretching.

Short notes

(4x8=32)

3. Discuss the various physiological changes that occur during aerobic exercises.
4. Define posture. What are active and inactive postures. Explain the principles of postural reeducation.
5. Define Asanas and Pranayamas. Mention about its principles, types and contraindications.
6. Explain the principles of hydrotherapy and its method of application in exercise therapy.

Answer briefly

(10x4=40)

7. Testing for superficial and deep sensations.
8. Describe four principles of PNF technique.
9. Types of active movements.
10. Four limitations of goniometry.
11. Types of suspension therapy
12. Four principles of manual muscle testing.
13. Describe limb length measurement techniques in upper limb.
14. List the types of walking aids with their uses.
15. Define passive movement. Explain the types of passive movement.
16. Define functional re-education and mention the stages from lying to sitting.
