

**Second Year BPT Degree Supplementary Examinations March 2018**

**EXERCISE THERAPY  
(2010 Scheme)**

**Time: 3 hrs**

**Max marks: 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x10=20)**

1. Explain in detail about the principles, grades, indications, contraindications, effects and uses of mobilization
2. What is proprioceptive neuromuscular facilitation. Explain the basic neurophysiologic principles and techniques of PNF

**Short notes**

**(10x5=50)**

3. What is good posture. Write about corrective methods and patient education to maintain good posture.
4. Define concentric and eccentric exercise.
5. What are the advantages and disadvantages of group exercises.
6. Explain any two techniques of massage in detail.
7. Classify stretching. Explain ballistic stretching in detail.
8. Explain any two techniques of pranayama.
9. Relaxation exercises.
10. Merits and demerits of goniometric measurements.
11. Explain progressive resisted exercise.
12. Discuss the equilibrium tests for co-ordination

**Answer briefly**

**(10x3=30)**

13. Uses of mat exercise.
14. SAID principle
15. Limitations of manual muscle testing.
16. Maitland's technique.
17. Dynamic power tests.
18. Macqueen training.
19. Name three uses of active exercises.
20. What is vertical suspension.
21. What is muscle tone and postural tone.
22. Four uses of effleurage.