

**Q.P. Code: 212014 (New Scheme)**

**Reg. No.:.....**

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

**EXERCISE THERAPY**

**(2012 Scheme)**

**Time : 3 hrs**

**Max marks : 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x14=28)**

1. Describe the principles of joint goniometry. Mention the types of goniometers and their uses. Mention the normal range of motion available at hip joint in all planes. (4+7+3)
2. What are the basic neurophysiologic principles that govern proprioceptive neuromuscular facilitation. Add a note on rhythmic initiation technique. (8+6)

**Short notes**

**(4x8=32)**

3. Mention the indications, contraindications and benefits of suspension therapy
4. List the determinants of an exercise program and describe the physiological responses to aerobic exercises (3+5)
5. Describe the procedure adapted to measure true limb length.
6. Describe the principles of passive movements

**Answer briefly**

**(10x4=40)**

7. Mention the derived positions attainable from lying position.
8. Closed chain exercises.
9. Measurement procedure for axillary crutch prescription.
10. Mention the precautions and contraindications for hydrotherapy.
11. Mention the causes for impaired balance.
12. Mention the causes for incoordination.
13. What are the contraindications for mobilization techniques
14. Facilitated stretching
15. Degrees of relaxation
16. Mention the principles for isometric exercise prescription.

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