

**Second Year BPT Degree Examinations September 2018****Exercise Therapy****(2016 Scheme)****Time: 3 hrs****Max marks: 100**

- **Answer all questions**
- **Draw diagrams wherever necessary**

**Essays****(2x15=30)**

1. What is Jacobson's relaxation. Mention the basic conditions for general relaxation. Explain about the support providing relaxation in various lying positions with diagrams. (3+4+4+4)
2. List out the basic functional activities trained on the mat. Explain the procedure of rolling, its purposes and uses with appropriate diagrams. (3+4+4+4)

**Short Essays****(4x10=40)**

3. Define resisted exercise. State and explain the techniques of resisted exercise.
4. Draw the universal goniometer and label its parts. Mention the types of goniometers. Write about the principles of goniometry.
5. What is postural drainage. Write about the indications and contraindications of postural drainage.
6. Define balance. Write about the types of balance retraining

**Short Answers****(10x3=30)**

7. Equilibrium.
8. Normal end feel.
9. Endurance test.
10. Two point gait.
11. What is rhythmic stabilization. Mention its uses.
12. Trigger point release.
13. Picking up manipulation.
14. Uses of yoga in physiotherapy.
15. Measurement of apparent limb length.
16. What is centralization in Mc Kenzie method

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