

**Second Year BPT Degree Supplementary Examinations
March 2019**

**Exercise Therapy
(2016 Scheme)**

Time: 3 hrs

Max marks: 100

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

Essays

(2x15=30)

1. Define proprioceptive neuromuscular facilitation. What is repeated contraction. Explain the applications of repeated contraction and its effects and uses.(3+4+4+4)
2. What is hydrotherapy. Write about the indications, precautions, effects and uses of hydrotherapy in detail. (3+4+4+4)

Short Essays

(4x10=40)

3. Tabulate the advantages and disadvantages of group exercise.
4. Explain the cardiovascular changes that occur with endurance training.
5. What is pursed lip breathing. Write the indications and procedure of pursed lip breathing.
6. Compare Delorme and Oxford regimens of progressive resisted exercises

Short Answers

(10x3=30)

7. State the precautions and contraindications of stretching.
8. The effects and uses of half lying position.
9. What is delayed onset of muscle soreness
10. Motor unit.
11. What is isokinetic exercise
12. Frenkel's exercise for the legs in standing.
13. The indications and contraindications for Mulligan's technique.
14. Define percussion manipulation. Write two uses of it.
15. Meditation.
16. State one example for all orders of lever
