

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

**Exercise Therapy**

**(2012 Scheme)**

**Time: 3 hrs**

**Max marks : 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x14=28)**

1. Define Joint Mobilization, Describe Effects, Principles, Indication, Contra-indication and Dosage (7+7)
2. Describe the tests for co-ordination. Describe the principles for co-ordination exercises. (8+6)

**Short notes**

**(4x8=32)**

3. Mention the indications for relaxation and describe Jacobson's relaxation technique (3+5)
4. Mention the causes for immobility and describe the principles for giving passive movements (3+5)
5. List the fundamental positions. Add a note on muscle work in standing position (3+5)
6. What are the vital parameters. Describe their relevance in rehabilitation. Mention the normal values for vital parameters (3+2+3)

**Answer briefly**

**(10x4=40)**

7. Classify levers with examples in human body.
8. What are the uses of pulmonary function tests
9. Mention the types of active movements.
10. Define postural drainage.
11. What are plyometric exercises.
12. What are the benefits of suspension therapy.
13. Describe rhythmic stabilization technique.
14. Mention the common mat exercises prescribed in functional re-education.
15. What are active and inactive postures.
16. What are the indications for prescribing walking frames.