

# **2012 Scheme**

**Q.P. Code: 212014**

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

## **Second Year BPT Degree Supplementary Examinations March 2020**

### **Exercise Therapy**

**Time : 3 hrs**

**Max marks : 100**

- *Answer all questions to the point neatly and legibly • Do not leave any blank pages between answers • Indicate the question number correctly for the answer in the margin space*
- *Answer all parts of a single question together • Leave sufficient space between answers*
- *Draw table/diagrams/flow charts wherever necessary*

#### **Essays**

**(2x14=28)**

1. Explain the principles of hydrotherapy and its method of application in exercise therapy.
2. Describe the determinants of an aerobic exercise programme. Enumerate the physiological adaptations that occur with aerobic training.

#### **Short notes**

**(4x8=32)**

3. What is postural drainage. Explain the principle, indications and techniques.
4. Outline an exercise programme to strengthen the hamstring muscle from grade I to grade V.
5. What is suspension therapy. Explain the different types of suspension therapy.
6. Advantages and disadvantages of group exercises.

#### **Answer briefly**

**(10x4=40)**

7. Muscle work in squatting position.
8. Explain prime movers and synergists with examples.
9. What is petrissage and list any two uses.
10. Explain true and apparent limb length.
11. Principles of goniometry.
12. Indications for mat exercises.
13. Explain pre-crutch training in detail.
14. Types of relaxation techniques
15. Maitland grades of mobilization.
16. Explain closed chain exercises with two examples.

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