

**Second Year BPT Degree Supplementary Examinations March 2020****Exercise Therapy**  
**(2016 Scheme)****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 diagrams wherever necessary*

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

1. What is proprioceptive neuromuscular facilitation (PNF). Explain the basic neurophysiologic principles and briefly explain the techniques of PNF.
2. Explain in detail about the principles, grades, indications, contraindications, effects and uses of mobilization

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

3. Explain the starting positions. Describe the muscle work of kneeling, hanging and sitting.
4. The physiological and therapeutic effects of massage.
5. Explain anthropometric measurement in detail.
6. Explain the principles of hydrotherapy and its method of application in exercise therapy

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

7. Give three principles of manual muscle testing.
8. List the types of walking aids.
9. Write three uses of breathing exercises.
10. Define strength, power and endurance.
11. Mention any three derived positions from sitting.
12. Disadvantages of group therapy.
13. Mention three contra indications of inverted asanas.
14. Differentiate between spasticity and tightness.
15. Give three examples each for open chain and closed chain exercises.
16. What are the advantages of mat exercises