

# **2012 Scheme**

**Q.P. Code: 212014**

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

## **Second Year BPT Degree Supplementary Examinations June 2021**

### **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. Describe the types of crutches. Explain the crutch walking pattern for above knee amputee before prothesis. (7+7)
2. Define muscle re-education. List out the indications of re-education of muscle. Describe the step by step suspension therapy procedure to improve range of motion for knee flexion/extension. (2+3+9)

#### **Short notes**

**(4x8=32)**

3. Explain the physical properties of water helps in the working of hydrotherapy
4. Design the group therapy exercise for a group 15 elderly clients
5. Define manual muscle testing. Explain the merits and demerits of manual muscle testing. (2+6)
6. Describe the physiology of stretching and add a note on stretching of sternocleidomastoid (4+4)

#### **Answer briefly**

**(10x4=40)**

7. Describe the principles of co-ordination
8. What are the therapeutic effects of passive movement.
9. Explain the grades of mobilization..
10. Mention about the Massage table and room.
11. Describe the Thomas test.
12. Mention the benefits of fixation.
13. Explain the reciprocal inhibition
14. Describe the Lurch Gait
15. What are the physiological effects of effleurage.
16. Explain the use of base of support.

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