

# **2012 Scheme**

**Q.P. Code: 212014**

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

**Second Year BPT Degree Supplementary Examinations August 2022**

## **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 strengthening exercises. Describe the procedure for strengthening the quadriceps femoris group of muscles from grade 4 to grade 5.
2. List the schools of manual therapy. Discuss the indications, contraindications and the precautions to be considered during joint mobilization.

### **Short notes**

**(4x8=32)**

3. Explain the procedures for active and passive stretching of the biceps brachii muscle.
4. Discuss the procedure for the manual muscle testing of the shoulder abductors.
5. Discuss the various physiological responses to aerobic exercises.
6. Explain the concept of Frenkle's exercise.

### **Answer briefly**

**(10x4=40)**

7. Explain SAID principle.
8. Give the advantages and limitations of group exercises.
9. How do you classify the Asanas. Write a note on the principles of Asana practice.
10. Describe the diaphragmatic breathing exercise.
11. Discuss functional reeducation in sitting.
12. Explain the pre crutch training.
13. Mention the factors responsible for good posture.
14. Give the classification and uses of active exercises.
15. Describe the procedure for active and passive stretching of tensor fasciae latae
16. Explain the principles of hydrotherapy.

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