

# **2010 Scheme**

**Q.P. Code: 203014**

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

## **Second Year BPT Degree Supplementary Examinations February 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**

**(2x10=20)**

1. Define hydrotherapy. Explain in detail about principles, indications, contraindications, procedure, physiological and therapeutic effects
2. Define proprioceptive neuromuscular facilitation. Explain in details about basic techniques, principles, effects and uses

#### **Short notes**

**(10x5=50)**

3. Tests for coordination
4. Crutch measurement
5. IT band stretching
6. Define pranayama, its principles, methods and techniques
7. Pursed lip breathing and its uses
8. Concave convex rule.
9. Axial suspension
10. Line of gravity, base and equilibrium
11. Maitland's graded oscillatory techniques
12. Exercises for scoliosis

#### **Answer briefly**

**(10x3=30)**

13. Effects of passive movements
14. Pressure sores
15. Wobble board
16. Reciprocal inhibition
17. Exercises for foot intrinsic muscles
18. Benefits of Tapotement
19. Shunt and spurt muscles
20. Break test
21. Purpose and uses of bridging
22. Non weight bearing exercises