

2012 Scheme

Q.P. Code: 212014

Reg. No.:

Second Year BPT Degree Supplementary Examinations July 2023

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 determinants of strengthening exercise, and advantages and disadvantages of manual strengthening exercises (6+8)
2. Define functional re-education. Explain the mat activities sequence from lying to standing (2+12)

Short notes (4x8=32)

3. Write about Brief Resisted Isometric Exercise (BRIME) and principles of plyometric exercise (4+4)
4. Define levers. Describe the types of levers with suitable examples (2+6)
5. Describe the concave convex rule. Explain the arthrokinematics and osteokinematics of shoulder joint. (2+6)
6. Explain the physiology of balance and add a note on perturbation

Answer briefly (10x4=40)

7. Describe the corrective methods of Kyphosis
8. Explain about Hubbard tank and contrast bath
9. Write the radial nerve neural mobilization technique
10. Mention the sequence of upper limb massage
11. Explain slow reversal and repeated contractions
12. Write the passive movement for hip joint
13. Types of Goniometer
14. How will you assess the manual muscle testing for erector spinae
15. Describe the types of equilibrium and its clinical relevance
16. Describe the shoes off measurement for axillary crutch.
