

Second Year BPT Degree Supplementary Examinations July 2023

**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. Explain suspension therapy. Write about the types, principles and benefits of suspension therapy in detail. (3+4+4+4)
2. Define joint mobilization. Write the grades of graded oscillation techniques. Explain the maitland mobilization technique to increase shoulder joint abduction range of motion with appropriate diagrams. (3+4+4+4)

Short Essays

(4x10=40)

3. Write about the techniques of free exercises. Illustrate at least five free exercises to increase the elbow flexion range of motion.
4. Explain the Nerve tension testing and neural tissue mobilization techniques for sciatic nerve.
5. Kendall's system of postural assessment.
6. Indications, contraindications and therapeutic uses of cervical traction

Short Answers

(10x3=30)

7. Explain friction massage. State two uses of friction massage.
8. Define starting positions. Mention two effects and uses of sitting position.
9. Define dynamic power test
10. List down the principles of giving passive movements.
11. Define plyometric training. State two effects of plyometric training.
12. What are the determinants of stretching exercise
13. Explain hold-relax procedure in proprioceptive neuromuscular facilitation
14. Define effleurage. Write at least two uses of it.
15. Differentiate active and inactive postures.
16. Elbow crutch measurement
