

**Second Year BPT Degree Regular/Supplementary Examinations  
February 2024  
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 the principles and grades of Manual Muscle Testing. Mention the advantages and limitations of the same. (8+4+3)
2. Discuss the principles, indication, and precautions to be considered for resisted exercises. Mention the types of resisted exercises. Add a note on Delayed Onset of Muscle Soreness (DOMS). (10+3+2)

**Short Essays**

**(4x10=40)**

3. Discuss the tissue response towards immobilization. Explain the different techniques of stretching. List the contraindications for stretching and the precautions to be considered.
4. Mention the different techniques of relaxation. Explain any one. What are the effects of relaxation.
5. Discuss the physiological adaptations that occur with aerobic training. Add a note on the determinants of an exercise program.
6. Write the classification and principles of asana. Add a note on pranayama.

**Short Answers**

**(10x3=30)**

7. Name any two fundamental positions and two positions derived from them.
8. Mention any two parts of goniometer. List any two principles of goniometry.
9. What is true limb length and apparent limb length.
10. List the indications of passive movements.
11. Write a note on contract relax technique to facilitate mobility.
12. List the types of breathing exercises.
13. List the benefits of suspension therapy.
14. List the sequence of mat activities from lying to sitting.
15. Describe the grades of joint mobilization.
16. Mention the types of walking aids.

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