

2012 Scheme

Q.P. Code: 212014

Reg. No.:.....

Second Year BPT Degree Supplementary Examinations July 2024

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. Describe the technique of mobilizing the wrist joint
2. Explain the principles of suspension therapy and write the suspension therapy technique for hip internal and external rotation movements

Short notes

(4x8=32)

3. Write the determinants of aerobic exercises. Give a note on circuit interval training in aerobic exercises
4. Write the five limitations of Goniometry
5. Define massage. Write its classification
6. Describe measurement of apparent limb length

Answer briefly

(10x4=40)

7. De Lormes and Macqueen techniques of strengthening
8. Describe advantages and disadvantages of group exercises
9. Explain the methods of PNF stretching
10. Principles of giving passive movements
11. Active assisted exercise
12. Effects of joint mobilization
13. Difference between hydromechanics and thermodynamics
14. Rhythmic stabilization
15. Brief Resisted Isometric Exercises (BRIME)
16. Concave-convex rule with examples
