

**Second Year BPT Degree Supplementary Examinations July 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. Discuss the principles of Manual Muscle Testing. Explain the procedure of testing triceps brachii in the gravity eliminated plane. What is the nerve supply of triceps  
(8+5+2)
2. Discuss resisted exercises under the following headings- principles, indications, precautions and types. Explain De Lormes regime to train the quadriceps femoris muscle of a 24 year old athlete. Add a note on repetitive maximum (RM). (6+6+3)

**Short Essays**

**(4x10=40)**

3. Discuss the principles of Asanas. Classify the asanas and mention the health benefits of any two asanas. (3+3+4)
4. Explain the principles of joint mobilization. List the indications and contraindications of the same. Mention the various schools of Manual therapy. (5+3+2)
5. Explain the tissue response towards immobilization and elongation. What are the precautions for minimizing the adverse effects of immobilization. How does stretching contribute in this regard (6+3+1)
6. Explain the physiological changes that occur with aerobic training in musculoskeletal and cardiovascular systems of an individual. (5+5)

**Short Answers**

**(10x3=30)**

7. List the causes for impaired balance.
8. Give the measurement procedure for axillary crutch.
9. What are the benefits of underwater exercises.
10. List any two procedures and their applications under muscle energy techniques.
11. List the activities on the mat.
12. Mention the indication and any two principles of Frenkel's exercise.
13. List any four benefits of suspension therapy.
14. Write the indications and contraindications for massage.
15. Give the classification of passive movement.
16. List the anthropometric measurements.

\*\*\*\*\*