

2012 Scheme

Q.P. Code: 212014

Reg. No.:.....

Second Year BPT Degree Supplementary Examinations January 2025

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 various techniques of facial massage
2. What is manual muscle testing. Explain any two grading techniques for assessing muscle power

Short notes

(4x8=32)

3. List properties of water and indications of hydrotherapy
4. List five starting positions and describe any one
5. Describe merits and demerits of group exercises
6. Describe the type of muscle contractions with examples

Answer briefly

(10x4=40)

7. Describe the method of measurement of prescription of axillary crutches
8. Plyometric exercises.
9. Describe principles of postural re – education
10. What are the effects and uses of free exercises
11. Techniques of facilitation
12. Pulmonary function test
13. Types of Suspension.
14. What is ballistic stretching
15. Describe true and apparent limb length
16. Uses of accessory movements
