

**Second Year BPT Degree Regular/Supplementary Examinations  
January 2025  
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 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)
2. Discuss the principles of Manual Muscle Testing. Explain the procedure of testing quadriceps femoris against the gravity. What is the nerve supply of quadriceps.

**(8+5+2)****Short Essays****(4x10=40)**

3. Discuss the physiological response of aerobic exercises. List the determinants of an exercise program. (8+2)
4. Name the schools of manual therapy. Explain the grades of joint mobilization. Mention the indications and contraindications of joint mobilization. (3+4+3)
5. Discuss the principles of Yogic meditation. List the techniques of meditation. Mention the health benefits of meditation practice. (4+3+3)
6. Explain the tissue response towards immobilization. How do you think stretching can help overcome the consequence of immobilization. (7+3)

**Short Answers****(10x3=30)**

7. Write the physiological and therapeutic uses of effleurage.
8. Write any three indications and three precautions for hydrotherapy.
9. List the sequence of functional activities from lying to sitting.
10. Mention the various walking aids used in case of lower limb injuries.
11. Mention the indications for passive movement.
12. Explain one procedure for examining balance impairment.
13. Mention any three indications and three contraindications for Myofascial release.
14. Mention the types of suspension therapy.
15. List the derived positions of sitting.
16. Write about any two tests for co-ordination.

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