

Second Year BPT Degree Supplementary Examinations June 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 passive movement under the headings - principles, classification, merits and demerits. Explain the procedure of applying passive movement to the shoulder joint for a 58 year old male CVA patient. Add a note on long lever and short lever. (8+5+2)
2. Discuss the principles of Manual Muscle Testing. Explain the procedure of testing the strength of gastrocnemius-soleus muscle. (8+7)

Short Essays**(4x10=40)**

3. Discuss the physiological response of various systems of the body to aerobic exercise.
4. Explain the principles of pranayama. List the various techniques of pranayama. Mention the health benefits of Nadi Shuddhi pranayama. (4+3+3)
5. Explain the biomechanical basis of joint mobilization. Mention the effects of Joint mobilization. State Concave Convex rule. (4+4+2)
6. Write a short note on stretching, emphasizing the indications, contraindications and precautions. Explain the terms- inhibition and relaxation with respect to stretching of the soft tissues. (8+2)

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

7. Mention any three indications and three contraindications for trigger point release.
8. Mention any two postural corrective methods.
9. Explain one activity for the improvement of balance in an individual.
10. List the various techniques of massage.
11. List the various walking aids used in the elderly population.
12. Write the principles of hydrotherapy.
13. List the functional activities in sitting.
14. List the equipments and accessories for suspension therapy.
15. Write about Oxford technique of resistance exercise.
16. List the parts of goniometer.
