

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[LP 6279]

AUGUST 2019

Sub. Code: 6279

**BPT DEGREE EXAMINATION**  
**(Regulations for the candidates admitted from 2017-2018 onwards)**  
**SECOND YEAR**  
**PAPER IV - EXERCISE THERAPY II**

*Q.P. Code : 746279*

**Time: Three hours**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Discuss the basis of classification and therapeutic uses of Massage. List down the local and general contraindications of Massage.
2. Define Chest physical therapy. Discuss the general principles, indications, goals and precautions of breathing exercises.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Principles of Transverse Friction.
2. Indications of Chest manipulations and its effects and uses.
3. Types of Stretching.
4. Principles and uses of Goniometry measurement.
5. Pendular Suspension therapy.
6. Maintenance exercise for patients on Prolonged Bed Rest.
7. Traction Parameters.
8. Non- Equilibrium Tests for Co-ordination.
9. Value of Group exercise.
10. PNF-Arm Patterns.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Draping.
2. Stance of Therapist.
3. Agonist and Antagonist.
4. Myostatic Contracture.
5. Define Suspension therapy.
6. Pulley Rope.
7. Positional Traction.
8. Equilibrium.
9. Centre of Gravity.
10. Functional reach test.

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[LQ 6279]

FEBRUARY 2020

Sub. Code: 6279

**BPT DEGREE EXAMINATION**  
**(Regulations for the candidates admitted from 2017-2018 onwards)**  
**SECOND YEAR**  
**PAPER IV - EXERCISE THERAPY II**

*Q.P. Code : 746279*

**Time: Three hours**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Define Massage. Describe the mechanical points to be considered while giving massage. List down the endangerment sites for the massage.
2. Describe PNF and its components. Explain the method of application.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Components of massage.
2. Physiological effects of massage on muscular system.
3. Role of massage in sports.
4. Passive stretching for Piriformis.
5. Diaphragmatic breathing exercise.
6. Goniometric evaluation of Elbow joint.
7. Suspension therapy for Knee joint.
8. Frenkel's exercise in sitting and walking.
9. Types of End feel and its therapeutic importance.
10. Rhythmic initiation.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Ideal hand for massage.
2. Normal range of motion of hip joint.
3. Postural Hypotension.
4. Uses and indications for Glossopharyngeal breathing.
5. Stretch reflex.
6. Ballistic stretching.
7. Causes of balance disorder.
8. Rebound test.
9. Group versus individual exercise.
10. Repeated contractions.

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**THE TAMIL NADU Dr.M.G.R. MEDICAL UNIVERSITY**

**[LR 1220]**

**DECEMBER 2020  
(AUGUST 2020 EXAM SESSION)**

**Sub. Code: 6279**

**BPT DEGREE EXAMINATION  
SECOND YEAR  
(New regulations for the candidates admitted from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY II  
Q.P. Code : 746279**

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. How will you prevent and treat the prolonged bed rest complications?
2. What are the principles of Goniometry? Describe the procedure of assessment of hip range of motion with diagram.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Sports massage.
2. Indications and Contra indications of stretching.
3. Tests for co-ordination.
4. Advantages & Disadvantages of Suspension therapy.
5. Diaphragmatic breathing exercise.
6. Crutch measurements.
7. History of massage.
8. Principles of Passive movements.
9. Trapezius stretching.
10. Parameters of traction.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Boggy end feel.
2. Theraband exercises.
3. Ataxia.
4. Positional traction.
5. Muscle spindle.
6. Indications for Glossopharyngeal breathing.
7. Define Edema.
8. Inclometers.
9. Axial suspension.
10. Assessment of pronation range of motion.

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**THE TAMIL NADU Dr.M.G.R. MEDICAL UNIVERSITY**

**[BPT 0921]**

**SEPTEMBER 2021  
(FEBRUARY 2021 EXAM SESSION)**

**Sub. Code: 6279**

**BPT DEGREE EXAMINATION  
SECOND YEAR  
(Regulations for the candidates admitted from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY II  
*Q.P. Code : 746279***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Describe the classification of massage and the physiological effects of massage on various body systems.
2. Describe the indications, principles and procedure of Frenkel's exercise.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Techniques of chest physiotherapy.
2. Axial suspension.
3. Effects and uses of breathing exercise.
4. Determinants of stretching.
5. Ice massage.
6. Procedure or steps in joint range measurement.
7. Inspiratory hold.
8. Mechanism of action of traction.
9. PNF patterns for Upper Extremity.
10. Stretch Reflex.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Wooden cleat.
2. Fibrositis.
3. Oedema.
4. Stroking.
5. Radical Mastectomy.
6. Hall pike test.
7. Dynamic balance exercise.
8. Types of Goniometer.
9. Costal breathing.
10. Agonist & Antagonist.

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**THE TAMIL NADU Dr.M.G.R. MEDICAL UNIVERSITY**

**[BPT 0122]**

**JANUARY 2022  
(AUGUST 2021 EXAM SESSION)**

**Sub. Code: 6279**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR- (Regulation from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY - II  
*Q.P. Code : 746279***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Discuss the indications, contra indications, technique, effects and uses of Back Massage.
2. Define Breathing exercise. Explain in detail about the types of breathing exercise and its effects and uses.

**II. Write notes on:**

**(10 x 5 = 50)**

1. PNF techniques.
2. Types of Goniometers.
3. Guthrie Smith apparatus.
4. Dynamic Stretching.
5. Mobility Aids.
6. Principles of Chest physiotherapy.
7. Bed rest complications.
8. Importance of Group exercises.
9. Indications and Contraindications of Traction.
10. Points to be considered during massage.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Radical mastectomy.
2. Reciprocal inhibition.
3. End feel.
4. Axial suspension.
5. Efflurage.
6. Percussion.
7. Normal Range of motion of Ankle.
8. Manual traction.
9. Antagonist.
10. Verbal commands.

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**THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY**

**[BPT 0622]**

**JUNE 2022  
(FEBRUARY 2022 EXAM SESSION)**

**Sub. Code: 6279**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR- (Regulation from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY - II  
*Q.P. Code : 746279***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. What are the causes for inco-ordination? Explain the exercise programme for inco-ordination patients.
2. What is Traction? Describe the mechanism of action, indications, contraindications, types of traction.

**II. Write notes on:**

**(10 x 5 = 50)**

1. What are the maintenance exercise for the patients on prolonged bed rest?
2. Explain D1 Flexion and D1 Extension Proprioceptive Neuromuscular Facilitation (PNF) patterns for Upper extremity.
3. Explain the therapeutic application of massage in venous ulcer.
4. What are the Vibratory Manipulation in massage technique?
5. Stretching technique of Common flexors.
6. What are the intrinsic muscles of hand?
7. What are the classifications of chest physiotherapy?
8. Explain Apical, Costal and Posterior basal breathing.
9. Explain Rhythmic initiation.
10. What are the techniques used for face massage?

**III. Short answers on:**

**(10 x 2 = 20)**

1. What is meant by stroking?
2. What are the benefits of isometric stretching?
3. What is the normal range of motion of joints mean by?
4. What is the difference between general massage and local massage?
5. Write briefly about Universal goniometer.
6. Role of massage in Bells palsy.
7. What is the position of the Physiotherapist in Quadriceps stretching?
8. Biaxial joint movement.
9. Assessment of ankle plantarflexion.
10. What is the position of the patient for back massage?

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**THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY**

**[BPT 1022]**

**OCTOBER 2022  
(AUGUST 2022 EXAM SESSION)**

**Sub. Code: 6279**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR- (Regulation from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY - II  
*Q.P. Code : 746279***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Define co-ordination. Discuss about the assessment of co-ordination, and exercise for incoordination.
2. Discuss the basis of classification and therapeutic uses of massage. List down the local and general contraindications of massage.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Hold relax technique.
2. Traction and its Types.
3. Suspension therapy types and indications.
4. Self-stretching of Trapezius.
5. Types of Stretching.
6. Role of massage in Sports.
7. PNF Patterns for Upper Extremity.
8. Frenkel's Exercise.
9. Stretch reflex.
10. Goniometer evaluation of knee joint.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Continuous Traction.
2. Stroking.
3. Bell's Phenomenon.
4. Functional reach test.
5. Radical mastectomy.
6. Romberg test.
7. Rhythmic initiation.
8. Types of group exercise.
9. Define Goniometer.
10. Ice massage.

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**THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY**

**[BPT 0423]**

**APRIL 2023  
(FEBRUARY 2023 EXAM SESSION)**

**Sub. Code: 6279**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR - (Regulation from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY – II**

*Q.P. Code: 746279*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Discuss the goniometer and types, and add a note on the procedure of shoulder range of motion assessment.
2. Define Breathing Exercise. Discuss in detail about the Types, effects, Indications, Contraindications and uses of breathing exercise.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Static and dynamic balance exercise.
2. Application of chest physiotherapy.
3. Principles of PNF.
4. Evaluation procedure of coordination exercise.
5. Bedridden - complications.
6. Passive and Self-stretching of quadriceps muscle.
7. Application of massage for facial palsy.
8. Types of Traction.
9. Procedure of suspension therapy in knee joint.
10. Balance exercise for vestibular dysfunction.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Traction Parameters.
2. Slow reversal.
3. Pursed lip Breathing.
4. Rebound Phenomenon.
5. Pendular Suspension.
6. Ballistic Stretching.
7. Pendulum goniometer.
8. End feel.
9. Test for Co-ordination.
10. Effleurage.

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**THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY**

**[BPT 1123]**

**NOVEMBER 2023  
(AUGUST 2023 EXAM SESSION)**

**Sub. Code: 6279**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR - (Regulation from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY – II**

*Q.P. Code: 746279*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Define suspension. Explain in detail about types, indications, contraindications and application of suspension for hip joint.
2. Define coordination. Write in detail about coordination test and exercises for upper extremity.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Massage manipulations.
2. Passive stretching.
3. Goniometry assessment for shoulder joint.
4. Diaphragmatic breathing exercises.
5. Group exercises.
6. Types and parameter of traction.
7. PNF techniques.
8. Effects of joint mobilization.
9. Balance exercise.
10. Prevention of Bed rest complication.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Aerobic exercise.
2. Kinematics.
3. Medicine ball.
4. Passive insufficiency.
5. Ballistic stretching.
6. Oedema.
7. Relaxation exercises.
8. Range of motion.
9. Axillary crutches.
10. True length and apparent length.

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**THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY**

**[BPT 0824]**

**AUGUST 2024**

**Sub. Code: 6279**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR - (Regulation from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY – II**

*Q.P. Code: 746279*

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Define massage and explain in detail about physiological effects, indications and contraindications, technique of application of massage in lower extremity.
2. Write in detail about definition, principles, procedure for applications of PNF technique.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Types of goniometer.
2. Trunk muscles stretching.
3. Suspension therapy principles and instruments.
4. Balance exercises.
5. Coordination test.
6. Breathing exercises and its types.
7. Bed rest complication.
8. Joint mobilization.
9. Rhythmic initiation.
10. Traction.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Bell's palsy.
2. End feel.
3. Friction.
4. Slow reversals.
5. Romberg test.
6. Crutch measurement.
7. Pelvic tilt.
8. Glossopharyngeal breathing.
9. Stroking.
10. Cervical traction.

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**THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY**

**[BPT 0225]**

**FEBRUARY 2025**

**Sub. Code: 6279**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR - (Regulation from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY – II**

***Q.P. Code: 746279***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Describe in detail about Evaluation, preparation and precautions for passive Stretching.
2. Discuss the therapeutic massage for lower limb gravitational edema. List down the components of massage.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Attitude and appearance of the therapist.
2. Stimulating percussion techniques.
3. Categories of sports massage.
4. Thomas test.
5. Agonist contraction.
6. Goniometry measurement for the ankle joint.
7. Suspension therapy for the elbow joint.
8. Chest mobility exercises.
9. Intermittent pelvic traction.
10. Manual contacts.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Tenting.
2. Types of Hacking.
3. Autogenic inhibition.
4. Empty end feel.
5. Define suspension therapy.
6. Apical breathing.
7. Romberg test.
8. Essential features of Frenkel's exercises.
9. Peripheralization and centralization.
10. Irradiation.

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**THE TAMIL NADU Dr. M.G.R. MEDICAL UNIVERSITY**

**[BPT 0825]**

**AUGUST 2025**

**Sub. Code: 6279**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR - (Regulation from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY – II**

***Q.P. Code: 746279***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Classify the Tapotement manipulation in detail. List down the physiological effects and therapeutic uses of Tapotement manipulations.
2. Discuss the procedure, advantages and disadvantages of electric mechanical traction.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Basic requirements for therapeutic massage.
2. Physiological effects of massage on respiratory system.
3. Self-stretching for the gastrocnemius and soleus.
4. Types of contracture.
5. Goals of breathing exercises.
6. Safety measures in balance training.
7. Frenkel's exercises in supine and standing.
8. Functional reach test.
9. Manual traction and its uses.
10. Rhythmic stabilization.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Ideal treatment table.
2. Ironing.
3. Double hand picking up.
4. Springy end feel.
5. Selective stretching.
6. Ober's test.
7. Vertical suspension.
8. Range of motion of the subtalar joint.
9. Position traction.
10. Stretch stimulus.

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