

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.

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.

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.

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.

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.

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 incoordination 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?

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.
