





[KO 925]

Sub. Code : 5315

BACHELOR OF PHYSIOTHERAPY DEGREE  
EXAMINATION.

Fourth Semester

(New Modified Regulations)

Paper I — EXERCISE THERAPY

Time : Three hours                      Maximum : 100 marks

Theory : Two hours and                      Theory : 80 marks  
forty minutes

M.C.Q. : Twenty minutes                      M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Essay questions :                      (2 × 15 = 30)

1. Describe the types, application methods, effects and uses of suspension therapy with appropriate examples.

2. Describe the normal gait cycle and explain the common pathological gaits.

II. Short notes :                      (10 × 5 = 50)

- (a) Pulleys
  - (b) Causes for poor posture
  - (c) Characters of a good crutch
  - (d) Whirl pool bath
  - (e) Principles and techniques of frenkle's exercise
  - (f) Passive stretching of hamstring
  - (g) Describe a movement with reference to the axis and plane
  - (h) Types of relaxation
  - (i) Bridging
  - (j) Accessory movements.
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Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Write essay :

(1) Discuss Free Exercise, its classifications, techniques, effects and uses. (20)

(2) Describe in detail about the causes of muscular weakness and paralysis and its treatment. (15)

(3) Describe the coordination exercises instituted in cerebellar ataxia. (15)

II. Write Short notes : (6 × 5 = 30)

(a) Planes and axes.

(b) Sternocleido mastoid stretching.

(c) Treatment programme to strengthen the knee extensors.

(d) Stretch reflex.

(e) What is poor posture, factors which predispose poor posture.

(f) Ranges of muscle work.







FEBRUARY 2008

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EXAMINATION.

Fourth Semester

(Modified/New Modified Regulations)

Paper I — EXERCISE THERAPY

Q.P.Code : 745315

Time : Three hours

Maximum : 100 marks

Theory : Two hours and  
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Long Essay :

1. Principles, Types of Goniometry and describe the techniques of Goniometric measurement for lower limb.

(15)

2. Discuss the fundamental starting positions. Explain standing and the various positions derived from standing.

(15)

II. Write short notes :

(10 × 5 = 50)

1. Pendular suspension.
2. Fixed and movable pulleys.
3. PNF—arm patterns.
4. Pelvic tilt.
5. Merits and demerits of manual muscle testing.
6. Stretch Reflex.
7. Spatial and Temporal summation.
8. Indications and contraindications of passive movements.
9. Accessory movements.
10. Resisted Exercises.



**AUGUST 2008**

**[KT 925]**

**Sub. Code : 5315**

**BACHELOR OF PHYSIOTHERAPY DEGREE  
EXAMINATION.**

**Fourth Semester**

**(Modified/New Modified Regulations)**

**Paper I — EXERCISE THERAPY**

**Q.P. Code : 745315**

**Time : Three hours**

**Maximum : 100 marks**

**Answer ALL questions.**

**Draw suitable diagrams wherever necessary.**

**I. Essay : (2 × 15 = 30)**

**1. Define mobilization and explain in detail the procedures for applying passive joint mobilization technique.**

**2. Define proprioceptive neuromuscular facilitation and describe in detail the principles of proprioceptive neuromuscular facilitation. Add a note on proprioceptive neuromuscular facilitation arm and leg patterns.**

## AUGUST 2008

II. Short notes : (10 × 5 = 50)

1. Relaxation
2. Technique of passive movement to shoulder joint
3. Progressive resisted exercises
4. Force and composition of forces
5. Free exercises to hip joint
6. Use of hydrotherapy in re-educating calf muscles
7. Back strengthening exercises
8. Technique of application of suspension therapy for knee joint
9. Passive and active stretching to trapezius muscle
10. Levers in physiotherapy.

III. Write short answers : (10 × 2 = 20)

1. Isotonic contraction
2. Principles of Frenkel's exercises
3. Define (a) velocity (b) antagonists
4. Middle range of muscle work

5. Axis and planes

6. First order lever

7. Tests for co-ordination

8. Name the abdominal muscles. Write its muscle action

9. Macqueen's power system

10. Test to find out hamstring tightness.