

[LL 6271]

AUGUST 2017

Sub. Code: 6271

**BPT DEGREE EXAMINATION  
SECOND YEAR  
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE  
MANIPULATION**

*Q.P. Code : 746271*

**Time: Three hours**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 20 = 40)**

1. Define stretching, mention its types and explain the determinants of stretching.
2. Define massage. Explain the sequence/indications/contraindications for facial massage.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Chest manipulation types and uses.
2. Walking frame – types and uses.
3. Active - resistance test.
4. Complication of prolonged bed rest.
5. Grades for joint mobilization.
6. Stretch reflex.
7. Manual muscle testing for Hamstrings.
8. Effects and uses of passive movement.

**III. Short answers on:**

**(10 x 2 = 20)**

1. End feel.
2. Types of Goniometer.
3. Define joint play.
4. Indication for passive movement.
5. Types of resisted exercises.
6. Muscle soreness.
7. Define range of motion.
8. Types of muscle contractures.
9. Define mobilization.
10. Crutch muscles.

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