

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

**[BPT 0324]**

**MARCH 2024  
(FEBRUARY 2024 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 chest physiotherapy. Discuss the indications, Contraindications and application of chest physiotherapy.
2. Describe in detail about PNF and its Principles and add a note on Rhythmic Stabilization technique.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Passive and self-stretching of a hamstring.
2. Types of breathing exercises and add a note on Glossopharyngeal breathing.
3. Exercise for incoordination.
4. Suspension therapy for the Hip joint.
5. Normal and pathological End feel.
6. Application of massage for relaxation.
7. Classification of massage.
8. Types of stretching and add a note on Piriformis stretching.
9. Indication and Contraindication of breathing exercise.
10. Application of massage for Bell's palsy.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Types of Traction.
2. Universal goniometer.
3. List the advantages of Suspension therapy.
4. Equilibrium test.
5. Percussion Manipulation.
6. Traction parameter.
7. Hallpike test.
8. Indication of Group exercise.
9. Frenkel Exercise.
10. Suspension Frame.

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