

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

[LN 6270]

AUGUST 2018

Sub. Code: 6270

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER III - EXERCISE THERAPY – I**

Q.P. Code : 746270

Time: Three hours

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. What is Group exercise and write in detail the types of group exercise and its advantages?
2. Define PNF and write in detail various techniques of PNF.

II. Write notes on:

(8 x 5 = 40)

1. Stroking manipulation.
2. Types of motion.
3. Principles of passive movement.
4. Define levers with an example.
5. Anatomical movements.
6. Derived positions from kneeling.
7. Faulty postures.
8. Effects of hydrotherapy.

III. Short answers on:

(10 x 2 = 20)

1. Stroking.
2. Tredelenburg gait.
3. Calcaneal gait.
4. Assisted exercise.
5. Passive range of motion.
6. Concentric contraction.
7. Gait cycle.
8. Hold relax.
9. Foot bath.
10. Rhythmic initiation.
