

**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 Passive movement. Explain the principles, effects and uses of Passive movements.
2. Define joint mobilization. Explain the principles of joint mobilization and mobilization technique for shoulder joint.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Delorms and Oxford technique for progressive resisted exercise.
2. Effects and uses of Effleurage.
3. Frenkle's exercise.
4. Effects and uses of breathing exercise.
5. Complications of prolonged bed rest patients.
6. Glossopharyngeal breathing.
7. Manual muscle testing – Quadriceps.
8. Determinants of stretching.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Kneading.
2. Crutch measurement with shoes off.
3. Define contractures.
4. Define Goniometer.
5. Contraindication for stretching.
6. Define joint play.
7. Muscle power grading.
8. Swing to & swing through Gait.
9. Define clapping.
10. High velocity thrust.