

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

[LP 6278]

AUGUST 2019

Sub. Code: 6278

**BPT DEGREE EXAMINATION**  
**(Regulations for the candidates admitted from 2017-2018 onwards)**  
**SECOND YEAR**  
**PAPER III - EXERCISE THERAPY – I**

*Q.P. Code : 746278*

**Time: Three hours**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Define Gait. Add note on its various spatial and temporal variables.
2. Define Hydrotherapy. Explain in detail about Principles, Indications, contra-indications, Procedure, physiological and therapeutic effects of hydrotherapy.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Axillary crutch.
2. Abnormal spinal curvatures.
3. Isometric muscle contraction.
4. Joint mobilization.
5. Determinants of gait.
6. Free exercise for knee joint.
7. Mat activities.
8. Abdominal exercises.
9. Hubbard Tank.
10. Types of Motion.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Muscle work.
2. Repetition maximum.
3. Buoyancy.
4. Aims of exercise therapy.
5. Tendon-Gliding exercises.
6. Pelvic floor muscle exercises.
7. Waddling Gait.
8. Pelvic tilt.
9. Relaxation.
10. Parallel bar.

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