

[LK 6271]

FEBRUARY 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. Write in detail on Derived positions and its uses.
2. Define Passive movement. Discuss the indications, contra indications, technique, effects and uses of lower limb Passive movements.

**II. Write notes on:**

**(8 x 5 = 40)**

1. PNF techniques.
2. Mobility aids.
3. Exercises for in co-ordination.
4. Dynamic stretching.
5. Manual muscle testing of brachioradialis.
6. Bed rest complications.
7. Manual muscle testing for triceps.
8. Free exercise for elbow joint.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Active assisted exercises.
2. Types of muscle contraction.
3. Rhythmic initiation.
4. Axillary crutch measurement.
5. Active quadriceps stretching.
6. Relaxed diaphragmatic breathing.
7. Weight cuffs.
8. Pelvic tilt.
9. Mc Queen PRE.
10. Goniometry.

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