

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

[LQ 6270]

FEBRUARY 2020

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 the mechanism of Traction? Describe about the various types of traction and its physiological effects.
2. List down the various abnormal postural changes in Spine and describe in detail about the postural assessment for the various spinal deformities.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Describe the muscle work and uses of sitting.
2. Free exercises for knee joint.
3. Write a note on value of group exercise.
4. Phases of Gait according to Rancho Los Amigos classification.
5. Physiological effects of massage.
6. Describe how to make the right side hemiplegic patients to stand from quadruped position with muscle power 3.
7. Contrast bath.
8. Parkinson's gait.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Effects of therapeutic exercise.
2. Define Power.
3. Isometric contraction.
4. Types of active movements.
5. Step length.
6. Uses of bridging.
7. Mental imagery technique.
8. Kneading.
9. D1 flexion.
10. Hubbard tank.

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