

[LQ 6278]

FEBRUARY 2020

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 Resisted Exercises. Write down its classification, technique, effects and advantages.
2. Describe about the principles, indications, contraindications and effects of joint mobilization. Add a note on Shoulder joint mobilization.

**II. Write notes on:** **(10 x 5 = 50)**

1. Types of walking aids.
2. Free exercise for shoulder joint.
3. Open and closed kinematic chain exercises.
4. Principles of Passive movements.
5. Describe the muscle work and uses of lying.
6. Lordosis.
7. Reeducation of elbow extensor from muscle power 0 to 5.
8. Manual muscle testing for Tibialis anterior.
9. Whirlpool bath.
10. What are the crutch muscles and how will you prepare the patient before providing crutches?

**III. Short answers on:** **(10 x 2 = 20)**

1. Stabilizer.
2. Hydrostatic pressure.
3. Crook sitting.
4. Oscillatory technique.
5. Plyometric training.
6. Uses of quadruped position.
7. Types of walkers.
8. Axis.
9. Flat back.
10. Passive insufficiency.