

BPT DEGREE EXAMINATION
(Regulations for the candidates admitted from 2017-2018 onwards)
SECOND YEAR
PAPER IV - EXERCISE THERAPY II

Q.P. Code : 746279

Time: Three hours

Maximum: 100 Marks

I. Elaborate on:

(2 x 15 = 30)

1. Define Massage. Describe the mechanical points to be considered while giving massage. List down the endangerment sites for the massage.
2. Describe PNF and its components. Explain the method of application.

II. Write notes on:

(10 x 5 = 50)

1. Components of massage.
2. Physiological effects of massage on muscular system.
3. Role of massage in sports.
4. Passive stretching for Piriformis.
5. Diaphragmatic breathing exercise.
6. Goniometric evaluation of Elbow joint.
7. Suspension therapy for Knee joint.
8. Frenkel's exercise in sitting and walking.
9. Types of End feel and its therapeutic importance.
10. Rhythmic initiation.

III. Short answers on:

(10 x 2 = 20)

1. Ideal hand for massage.
2. Normal range of motion of hip joint.
3. Postural Hypotension.
4. Uses and indications for Glossopharyngeal breathing.
5. Stretch reflex.
6. Ballistic stretching.
7. Causes of balance disorder.
8. Rebound test.
9. Group versus individual exercise.
10. Repeated contractions.
