

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

**[BPT 0122]**

**JANUARY 2022  
(AUGUST 2021 EXAM SESSION)**

**Sub. Code: 6279**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR- (Regulation from 2017-2018 onwards)  
PAPER IV - EXERCISE THERAPY - II  
*Q.P. Code : 746279***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Discuss the indications, contra indications, technique, effects and uses of Back Massage.
2. Define Breathing exercise. Explain in detail about the types of breathing exercise and its effects and uses.

**II. Write notes on:**

**(10 x 5 = 50)**

1. PNF techniques.
2. Types of Goniometers.
3. Guthrie Smith apparatus.
4. Dynamic Stretching.
5. Mobility Aids.
6. Principles of Chest physiotherapy.
7. Bed rest complications.
8. Importance of Group exercises.
9. Indications and Contraindications of Traction.
10. Points to be considered during massage.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Radical mastectomy.
2. Reciprocal inhibition.
3. End feel.
4. Axial suspension.
5. Efflurage.
6. Percussion.
7. Normal Range of motion of Ankle.
8. Manual traction.
9. Antagonist.
10. Verbal commands.

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