

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

**[BPT 0622]**

**JUNE 2022  
(FEBRUARY 2022 EXAM SESSION)**

**Sub. Code: 6278**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR- (Regulation from 2017-2018 onwards)  
PAPER III - EXERCISE THERAPY – I  
*Q.P. Code : 746278***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Define and write about the purpose of starting and derived Positions. Explain in detail about any five derived positions of sitting.
2. Define Resisted Exercise. Explain in detail about the types, physiological and therapeutic effects of Resisted exercise.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Write a note on range of muscle work.
2. Write a note on active assisted exercise.
3. Write an assessment on scoliosis.
4. How do grade triceps surae based on Medical Research Council?
5. Purpose, types and parts of Crutches.
6. Write a note on general relaxation exercises.
7. Write a note on exercises in Hydrotherapy.
8. Abdominal exercises.
9. Write about the Trendelenburg gait.
10. What are the causes for joint range limitation?

**III. Short answers on:**

**(10 x 2 = 20)**

1. Define synergist with example.
2. Pulley and its types.
3. Define force.
4. Forward head Posture.
5. Step standing.
6. Define cadence.
7. Define Free exercise
8. Purpose of canes.
9. Buoyancy.
10. Calcaneal gait.

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