

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

[BPT 1022]

**OCTOBER 2022
(AUGUST 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 Posture. Discuss in detail Posture Evaluation.
2. Define Resisted Exercise. Discuss in detail about the types of Resisted exercise and its uses.

II. Write notes on:

(10 x 5 = 50)

1. Positions derived from standing.
2. Resisted exercise for knee extensors.
3. Closed Kinematic and Open Kinematic chain exercises.
4. Write a note on mat activities.
5. Physiological effects of passive movements.
6. Free exercises to the shoulder joint.
7. Oscillatory Technique.
8. Phases of Gait Cycle.
9. Write a note on measurement methods for crutches.
10. Physiological effects of Peripheral Joint Mobilization.

III. Short answers on:

(10 x 2 = 20)

1. General contraindications for active exercises.
2. Range of Muscle work.
3. Hold Relax Technique.
4. Effects of therapeutic exercises.
5. Foot drop gait.
6. Muscle Grading.
7. Indications of joint mobilization.
8. Types of Wheel Chair.
9. Types of cane.
10. Hydrostatic Pressure.
