

[KP 1003]

Sub. Code : 6216

**BACHELOR OF PHYSIOTHERAPY DEGREE
EXAMINATION.**

(Second Year)

(Revised Non-Semester Regulations)

Paper III — EXERCISE THERAPY AND MASSAGE

Time : Three hours

Maximum : 100 marks

Theory : Two hours and forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

Answer Section A and Section B in a
SEPARATE Answer Books.

SECTION A

(Exercise Therapy)

1. Essay questions :

(1) What is a good posture? Describe the role of exercises to maintain and improve posture. (15)

(2) Describe indication for Joint mobilisation and demonstrate the techniques of ankle Joint mobilisation. (10)

II Short notes :

(3 × 5 = 15)

- Buoyancy.
- Suspension.
- Isometric muscle work.

SECTION B

(Massage)

III. Essay question.

- (1) Describe in detail about the circulatory effects of massage on Muscular system. (15)
- (2) Write in detail about Dangers of Massage. (10)

IV. Short notes :

(3 × 5 = 15)

- Patient positioning and Draping for massage.
- Massage Media (Lubricants).
- Importance of contact and continuity in massage.

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Answer Section A and Section B in a SEPARATE Answer Books.

SECTION A

(EXERCISE THERAPY)

I. Write Essay :

(1) Define passive movement. Explain in detail about its classification, principles, indication, contraindications, effects and uses. (15)

(2) Discuss fundamental positions. Explain standing and the various positions derived from standing. (10)

II. Write short notes :

(3 × 5 = 15)

(a) Whirlpool bath.

(b) Angle of pull.

(c) **Progressive Resisted Exercise.**

SECTION B

(MASSAGE)

III. Essay Questions :

(1) What is Bell's palsy? Explain briefly the techniques used in treating the patient with Right Bell's palsy. (15)

(2) What is Massage? List out the various manipulation techniques used in massage. Explain pressure manipulation in detail. (10)

IV. Short notes :

(3 × 5 = 15)

(a) Points to be considered while giving
Massage.

(b) Hacking.

(c) Physiological effects of Massage on the circulatory system.

August-2007

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Time : Three hours

Maximum : 100 marks

Theory : Two hours and
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

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Answer ALL questions.

Draw suitable diagrams wherever necessary.

Answer Section A and Section B in a **SEPARATE**
Answer Book.

SECTION A

(EXERCISE THERAPY)

I. Write Essay :

(1) Describe the types, techniques, indications, contraindications, physiological effects of active exercises. (15)

Illustrate : Active exercises for shoulder abductor, shoulder forward flexors, triceps brachii, hip abductor, hip flexor, quadriceps femoris, abdominal muscles, back extensor. Draw diagrams appropriately.

(2) Explain the following : (10)

Muscle work : Isotonic (concentric, eccentric)

Isometric (static) with examples.

Group action : Agonists (prime movers)
Antagonists, Synergists,
Fixators.

Angle of muscle pull
mechanical efficiency of
muscles.

II. Write short notes : (3 × 5 = 15)

(a) Axis and Planes.

(b) MRC grading.

(c) Demonstrate passive stretching of quadriceps.

SECTION B

(MASSAGE)

III. Essay questions :

(1) Write elaborately the physiological and therapeutic of massage. (15)

(2) Classification of massage and explain the various techniques in detail. (10)

IV. Short notes :

(3 × 5 = 15)

(a) Contraindications for massage.

(b) Chest manipulations.

(c) Kneading – Types and Techniques.

FEBRUARY 2008

[KS 1003 X]

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**BACHELOR OF PHYSIOTHERAPY DEGREE
EXAMINATION.**

Second Year

(Revised Non-Semester Regulations)

Paper III — EXERCISE THERAPY AND MASSAGE

Q.P. Code : 746216

Time : Three hours

Maximum : 100 marks

**Sec. A & B : Two hours and
forty minutes**

Sec. A & B : 80 marks

Sec. C : Twenty minutes

Sec. C : 20 marks

SECTION A

(EXERCISE THERAPY)

I. Write Essay :

1. Describe Mobilization. Explain in detail about knee joint mobilization technique for a patient who had limited knee flexion range of motion. Write the assisted, free exercises for improving knee flexion. (5 + 5 + 5 = 15)

2. Write down the causes of muscle weakness (or) paralysis. Discuss a re-education programme for weak hip extensors of muscle power 1. (10)

II. Write short notes :

(3 × 5 = 15)

(a) Types of muscle work.

(b) Indications and contraindications of stretching.

(c) Slow reversals.

SECTION B

(MASSAGE)

III. Essay Questions :

3. Describe in detail about the physiological effects of massage on various systems of the body. (15)

4. Describe in detail about the pressure and petrissage-manipulations on thigh. (10)

IV. Short notes :

(3 × 5 = 15)

(a) Shaking manipulations.

(b) Contact and continuity.

(c) History of massage.

AUGUST 2008

[KT 1003 X]

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Second Year

(Revised Non-Semester Regulations)

Paper III — EXERCISE THERAPY AND MASSAGE

Q.P. Code : 746216

Time : Three hours

Maximum : 100 marks

Answer Section A and B separately.

SECTION A

(EXERCISE THERAPY)

I. Essay :

1. Describe the normal range of various joints in the upper limb and the technique of measurement of upper limb joint range of motion using goniometry. Add a note on types of Goniometer. (15)

2. Write about the importance and principles of Re-education of in co-ordination and about Frenkel's Exercises. (10)

AUGUST 2008

II. Short notes : (3 × 5 = 15)

1. Passive – Angular stretching versus joint glide stretching.
2. Oxford classification of muscle power grading.
3. Angle of muscle pull and mechanical efficiency of the muscles.

III. Write short answers : (5 × 2 = 10)

1. Sustained translation joint play technique.
2. Ober's test.
3. Horizontal Plane.
4. Classification of passive movement.
5. Outer range of muscle work.

SECTION B (MASSAGE)

IV. Essay:

1. How will you prepare a patient for back massage. Explain the technique of back massage manipulations and its therapeutic effects. (15)
2. Indications and contra-indications of Massage. (10)

V. Short notes : (3 × 5 = 15)

1. Vibration.
2. Physiological effects of massage on muscular system.

3. Therapist stance.

VI. Write short answers : (5 × 2 = 10)

1. Therapeutic effects of pounding.
 2. Skin Rolling.
 3. Indications for upper limb massage.
 4. List the points that are to be considered while giving massage.
 5. Aromatherapy massage versus therapeutic massage.
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