

[KJ 907]

Sub. Code : 5131

BACHELOR OF PHYSIOTHERAPY DEGREE
EXAMINATION.

Third Semester

(Revised Regulations)

Paper I — EXERCISE THERAPY AND MASSAGE

Time : Three hours

Maximum : 100 marks

Theory : Two hours and
forty minutes

Theory : 80 marks

MCQ : Twenty minutes

MCQ : 20 marks

MCQ must be answered **SEPARATELY** on the answer
sheet provided as per the instructions on the first page
of MCQ Booklet.

Answer ALL questions.

1. Essay questions : (1 × 15 = 15)

Describe the classification, technique, effects and
uses of free exercises.

2. Short notes : (5 × 5 = 25)

- (a) Safety precautions in hydrotherapy pool
- (b) Advantages and disadvantages of suspension therapy
- (c) Derived positions from kneeling
- (d) Free exercises for hip joint
- (e) Abnormal posture.

3. Essay : (1 × 15 = 15)

Discuss the essential features and classification of
massage and explain any one of the classification in
detail.

4. Short notes : (5 × 5 = 25)

- (a) Preparatory exercises used to relax the hands and wrist by the physiotherapist before the massage treatment
- (b) Techniques used in chronic fibrositis
- (c) Divergent and Convergent Hacking
- (d) Static vibration
- (e) Picking up