

**BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION
(B.P.T.), SEPTEMBER 1990.**

Fourth Semester

Paper I — PHYSIOTHERAPY — II — (EXERCISE THERAPY)

Time : Three hours

Maximum : 100 marks

SIX questions are to be answered.

**Questions 3 and 6 are compulsory and any FOUR
of the remaining questions.**

- 1. Describe the goniometric measurement of various joints in the hand with illustrative diagram. (15 marks)**
- 2. Discuss in detail re-education exercise programme for a patient with recovering infective polyneuritis. (15 marks)**
- 3. Describe the various relaxation exercises with reference to its principles and application. (20 marks)**
- 4. Classify massage and discuss the principles, effects and application of percussion massage in a patient with bronchiectasis. (15 marks)**

Discuss the role of spinal exercises in scoliosis.
(15 marks)

Describe the technique of spinal flexion and extension exercise and its role in the treatment of back pain.
(20 marks)

7. Describe in detail the different gaits observed in quadriceps paralysis.
(15 marks)

8. Write short notes on any THREE of the following :

- (a) Medicine Ball.
 - (b) Bobath-Bobath technique.
 - (c) Shoulder elevation and Bracing exercise.
 - (d) Intrinsic foot muscle exercise. (15 marks)
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November-1991

097

BACHELOR OF PHYSIOTHERAPY (B.P.T.) DEGREE
EXAMINATION, NOVEMBER 1991.

Fourth Semester

Paper I — PHYSIOTHERAPY—II
(Exercise Therapy)

Time : Three hours. Maximum : 100 marks

Answer Sections A and B in separate answer books.

Draw diagrams wherever necessary.

SECTION A — (30 marks)

Answer Question No. 4 and any TWO other questions.

1. Analyse the muscle work of normal walking. (15)
2. Describe how you will utilise suspension therapy to mobilise the knee joint. (15)
3. Discuss the methods of correcting faulty posture in a young school boy. (15)
4. How will you prepare for ambulation of a patient after prolonged bed rest. (20)

SECTION B — (50 marks)

Answer Question No. 8 and any TWO other questions.

1. In what circumstances, would you use passive and active movements? Discuss their usefulness. (15)
2. Describe briefly the various methods used to induce relaxation. (15)
3. Give a scheme of Exercises to strengthen the small muscles of the hand. (15)
3. Write brief notes on :
 - (a) Force of gravity.
 - (b) Ranges of movement.
 - (c) Axes and planes.
 - (d) Levers. (20)

BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION
APRIL 1992.

Fourth Semester — Old Regulations

Paper I — PHYSIOTHERAPY—II

(Exercise Therapy)

Q.

Time : Three hours.

Maximum : 100 marks

Answer Sections A and B in separate answer books.

Draw diagram wherever necessary

SECTION A — (50 marks)

Answer question No. 1 and any TWO other questions.

1. What are the effects and uses of active exercise ? (1)
2. Write short notes on the following Pathological gait:
 - (a) Quadriceps gait.
 - (b) Gluteus Medius and Minimus gait. (1)
3. Explain the uses of suspension therapy. How will you mobilise the stiff-knee joint by suspension therapy ? (1)
4. What are the causes of muscular weakness ? Will you strengthen triceps from muscle power 1 +

April-1992

SECTION B — (50 marks)

Answer question No. 8 and any TWO others.

5. What is progressive resisted exercise and why it is necessary to progress an exercise ? (15)
 6. Discuss the various aids used for walking training and explain '3' point crutch gait. (15)
 7. Give the scheme of exercise to strengthen the muscles of the trunk. (15)
 8. Write short notes on :
 - (a) Levers.
 - (b) Group exercises.
 - (c) Kneeling position.
 - (d) Types of muscle work. (20)
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[PR 633]

**Bachelor of Physiotherapy
Degree Examination**

Semester IV - Old Regulations

EXERCISE THERAPY

Time: 3 hrs.

Max. Marks 100

Answer questions 5 and 7 and any FOUR others

1. What is understood by passive movements and its indications? What are the points to be observed while doing these movements? [15]
2. Give the principles of manual muscle testing. Discuss its merits and demerits giving examples. [15]
3. What do you understand by levers? How are levers used therapeutically? [15]
4. Discuss the methods by which the pull of gravity may be eliminated and friction minimised when giving exercises. [15]
5. Write short notes on: [20]
 - (a) Delorme's technique
 - (b) Axis and plane

(c) Line of Gravity

(d) R O M

6. Write down the points to be observed while examining the posture in standing position? List the benefits of a good posture. [15]
7. How would you strengthen the following groups of muscles? [20]
 - (a) Hip abductors
 - (b) Knee extensorsDiscuss the strengthening programme for muscle power 2 to 4
8. Discuss the techniques involved in the measurement of joint motion. Describe the procedure for goniometric evaluation of hip flexion. [15]

November-1994

IND 792

**Bachelor of Physiotherapy
Degree Examination**

Fourth Semester

(Old Regulation)

**Paper I - PHYSIOTHERAPY II
(Exercise Therapy)**

Time : Three hours

Maximum : 100 marks

Answer question No 5 and 7 and any FOUR others.

1. Describe Active exercises and explain the Physiological and therapeutic effects of these exercises. (15)
2. What is a good posture? Describe the role of Exercises to maintain and improve posture. (15)
3. Describe the various grades of Muscle Testing. Explain the procedure of testing Deltoid muscle, manually. (15)
4. Explain the technique, effects and uses of suspension therapy. (15)

5. Write short notes on:

- a) Levers of human body
- b) Treatment of Oedema
- c) Goniometry
- d) Centre of Gravity in human body. (20)

6. Describe the Back extension exercises. (15)

7. Explain the technique of mobilising a stiff HIP Joint, by various therapeutic exercises. (20)

8. Discuss the principle, technique, effects and uses of Hydrotherapy. (15)

November-1995

[MB 909]

**Bachelor of Physiotherapy
Degree Examination**

(Old Regulations)

Fourth Semester

**Paper I - PHYSIOTHERAPY II
(Exercise Therapy)**

Time : Three hours

Maximum : 100 marks

Answer questions 5 and 7 and any Four others.

1. Describe the abnormality in human posture caused by tight hipflexors and its corrective measures. (15)
2. Discuss the remedial programme to strengthen the knee extensors from grade one. (15)
3. Describe normal respiration and its training programme. (15)
4. Discuss the effects and uses of axial and pendular suspensions. (15)
5. Describe manual muscle testing with suitable illustrations. (20)

6. Write notes on :

- i) Equilibrium (7)
- ii) Water bouyancy (8)

7. Discuss 'group therapy and its advantages and disadvantages. (20)

8. Discuss levers and their uses in exercise therapy. (15)

April-1997

(MP 917)

BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION
Fourth Semester
(Old Regulations)

PAPER-I PHYSIOTHERAPY II (EXERCISE THERAPY)

Time: Three hours

Max:100 marks

Answer Question No. 1 and any FOUR others

1. Write short notes on any FIVE: (5x8=40)

- a) Group exercises.
- b) Frenkel's exercises.
- c) Quadriceps exercises.
- d) Abnormal gaits.
- e) Pulleys.
- f) Spasticity.
- g) Passive stretching to sternocleidomastoid muscle.
- h) Intrinsic foot muscle exercises.

2. List down the causes for muscle weakness.

Discuss the principles of treatment to increase strength and function of weak muscle. (15)

3. What is relaxation? Discuss the basic conditions required for gaining general relaxation of the body and local relaxation of a limb. (15)

4. List down the fundamental starting positions. Write down the purposes for which the fundamental positions be modified. Discuss the positions derived from standing. (15)

5. Discuss the factors which commonly cause limitation of range of movement in a joint. Describe briefly the measures which increase the range of movement. (15)

6. What is passive movement. Discuss the points governing the proper/good technique of carrying out relaxed passive movements. (15)

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[KB 916]

Sub. Code : 5213

BPT DEGREE EXAMINATION

Fourth Semester

(Modified Regulations)

Paper I — EXERCISE THERAPY

Time : Three hours

Maximum : 100 marks

Answer Section A and B in separate answer books

SECTION A

1. Write an essay on any TWO (2 × 15 = 30)

(a) What are the complications of patients on prolonged bed rest and their treatment program?

(b) Explain in detail techniques of proprioceptive Neuromuscular Facilitation.

(c) Describe the strengthening of the following muscle groups :

(i) Wrist flexors (ii) Shoulder abductors

Write short notes on any FOUR (4 × 5 = 20)

(a) Pulleys

(b) Isotonic muscle work

(c) Types of movements

(d) Types of crutch walking

(e) Contrast bath.

SECTION B

2. Write an essay on any TWO (2 × 15 = 30)

(a) Demonstrate techniques of progressive resisted exercises, their advantages and disadvantages.

(b) What are the types of muscle grading? Demonstrate grading of the trunk extensors.

(c) Demonstrate strengthening programs of the knee flexors from Grade I — Grade IV.

4. Write short notes on any FOUR (4 × 5 = 20)

- (a) Axis
- (b) Angle of muscle pull
- (c) Balance
- (d) Frenekel's exercise
- (e) Rhythmic stabilization.

[KB 925]

Sub. Code : 5315

**BACHELOR OF PHYSIOTHERAPY DEGREE
EXAMINATION.**

Fourth Semester

(New/Modified Regulations)

Paper I — EXERCISE THERAPY

Time : Three hours

Maximum : 100 marks

Write Section A and B in separate answer books.

SECTION A

1 Answer any TWO of the following (2 × 15 = 30)

(a) What do you know about the levers? Explain them with two anatomical examples.

(b) Write the strengthening technique for the following muscles :

(i) Shoulder abductors

(ii) Dorsi flexors

(c) Explain the physiological and therapeutic effects of exercise.

**2. Write short notes on any FOUR of the following :
(4 × 5 = 20)**

(a) Equilibrium

(b) Axes and planes

(c) Range of muscle work

(d) Buoyancy

(e) Mac Queen's Technique.

SECTION B

3. Answer any TWO of the following : (2 × 15 = 30)

(a) Explain the principles and technique of various passive stretching of lower limb.

(b) Write the principles of re-education and explain Frenekel's exercise.

(c) Write in detail about the human gait cycle.

4. Write short notes on any FOUR of the following :
(4 × 5 = 20)

- (a) Hydrotherapy
- (b) Endurance exercise
- (c) Group exercise
- (d) Suspension
- (e) Intrinsic foot muscle exercise.

[KC 916]

Sub. Code : 5213

B.P.T. DEGREE EXAMINATION

Fourth Semester

(Modified Regulations)

Paper I — EXERCISE THERAPY

Time : Three hours Maximum : 100 marks

**Answer Section A and B
in separate answer books**

SECTION A

**1 Write an essay on any TWO of the following :
(2 × 15 = 30)**

**(a) Describe the indications, physiological and
therapeutic effects of ACTIVE MOVEMENT.**

**(b) Explain about the levers and how it is helping
you in your treatment.**

(c) Explain gait and parameters of gait.

**2 Write short notes on any FOUR of the following :
(4 × 5 = 20)**

(a) Accessory Movements

(b) Spatial and Temporal Summation.

(c) Factors Governing Balance

(d) Ataxic gait

(e) Hip flexor stretching.

SECTION B

**3. Write an essay on any TWO of the following :
(2 × 15 = 30)**

**(a) What do you mean by grading of Muscle
power and how will you strengthen DELTOID from
1 to 4?**

**(b) Explain about Progressive Resisted Exercises
with examples.**

**(c) Write in detail about Hydrotherapy and its
uses**

**4 Write short notes on any FOUR of the following :
(4 × 5 = 20)**

(a) Breathing Exercises

(b) List the Bed rest complications and causes

(c) Muscle Work

(d) Pulleys

(e) Free exercises to Ankle Joint

[KC 925]

Sub. Code : 5315

**BACHELOR OF PHYSIOTHERAPY DEGREE
EXAMINATION.**

Fourth Semester

(New Modified Regulations)

Paper I — EXERCISE THERAPY

Time : Three hours ; Maximum : 100 marks

Write Section A and B in separate answer books.

SECTION A

1. Write an essay on any TWO : (2 × 15 = 30)

(a) Describe indications for joint mobilisation and demonstrate the techniques of ankle joint mobilisation.

(b) What are the muscles of crutch walking? Describe crutch stance and different methods of crutch measurements.

(c) Name the determinants of gait and describe walking cycle.

2. Write short notes on any FOUR : (4 × 5 = 20)

(a) Goniometer

(b) Forced passive movements

(c) Eccentric fixation

(d) Hubbard tank

(e) Balance.

SECTION B

3. Write an essay on any TWO : (2 × 15 = 30)

(a) What are the types of suspension therapy and indications for each kind?

(b) What are the physiological and therapeutic effects of passive movement? Explain passive movement technique to the upper limb.

(c) What are the types of goniometer and demonstrate the goniometric evaluation of hip abduction.

Write short notes on any FOUR : (4 × 5 = 20)

(a) Muscle fatigue

(b) Kypho-scoliosis

(c) Slow-reversal

(d) Passive stretching

(e) Springs.