

February 2010

[KW 925]

Sub. Code: 5315

BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION

Fourth Semester

(Modified / New Modified Regulations)

Paper I – EXERCISE THERAPY

Q.P. Code : 745315

Time : Three hours

Maximum : 100 marks

Answer All questions

Draw suitable diagrams wherever necessary

I. Essays: (2 x 15 = 30)

1. Explain the techniques, effects and uses of suspension therapy. State how will you strengthen right hip abductor by using suspension therapy.
2. Discuss briefly how will you measure a patient for supply of crutches and train an elderly person to walk with crutches.

II. Short Notes: (10 x 5 = 50)

1. Bed sores.
2. Indication and contra indications for hydro therapy.
3. Free exercises for mobilizing knee joint.
4. Types of muscle work.
5. Active assisted exercises.
6. Slow reversal.
7. Pelvic tilt.
8. Foot drop gait.
9. Hanging.
10. Ilio tibial band stretching.

III. Short Answer: (10 x 2 = 20)

1. Types of canes.
2. Elasticity.
3. Gutter crutches.
4. Shadow walking.
5. Base of support.
6. Muscle work for kneeling.
7. Tendo-Achilles stretching.
8. Axial suspension.
9. Stride length.
10. Outer range of muscle work.
