

B.P.T. DEGREE EXAMINATION
SECOND YEAR
PAPER IV – EXERCISE THERAPY - II
INCLUDING MASSAGE

Q.P. Code: 746271

Time : Three Hours

Maximum : 100 marks

Answer ALL questions

I. Elaborate on:

(2 x 20 = 40)

1. Discuss the Procedure, advantages and disadvantages of various types of suspension.
2. How do you prepare a below knee amputee for crutch walking?

II. Write notes on:

(8 x 5 = 40)

1. Facial massage.
2. Oxford method of progressive resisted exercise.
3. Balance training.
4. End feel.
5. Self stretching of Hamstring muscles.
6. Concavo convex rule.
7. How does a massage practitioner maintain good body mechanics?
8. Pursed lip breathing.

III. Short Answers on:

(10 x 2 = 20)

1. How do you apply massage techniques to a ticklish subjects?
2. Thomas test.
3. Reciprocal inhibition.
4. Friction.
5. Pendular exercise.
6. Tripod.
7. How will you check the ideal height of massage table.
8. Home program for patient with mechanical low back pain.
9. Define muscle strength.
10. Exercise for foot intrinsic muscles.

[LE 6271]

FEBRUARY 2014

Sub. Code: 6271

B.P.T. DEGREE EXAMINATION
SECOND YEAR
PAPER IV – EXERCISE THERAPY - II
INCLUDING MASSAGE

Q.P. Code: 746271

Time : Three Hours

Maximum : 100 marks

Answer ALL questions

I. Elaborate on:

(2 x 20 = 40)

1. Describe the causes of in co-ordination. Explain the principles of coordination exercise.
2. Describe the complications of prolonged bed rest patients.
Add a note on maintenance exercise for patients on prolonged bed rest.

II. Write notes on:

(8 x 5 = 40)

1. Crutch measurement.
2. Quadriceps table.
3. Effects and Uses of relaxed passive movements.
4. Walking aids.
5. Uses of breathing exercise.
6. Manual muscle stretching of hamstring muscle.
7. Movements of ankle and foot.
8. Technique of general relaxation.

III. Short Answers on:

(10 x 2 = 20)

1. In co-ordination.
2. Controlled sustained stretching of foot.
3. Fixation.
4. Axial suspension.
5. Static cycle.
6. Biaxial joint movement.
7. Controlled sustained stretch.
8. Prone Kneeling.
9. Free exercise.
10. Finger kneading.

**B.P.T. DEGREE EXAMINATION
SECOND YEAR / III & IV SEMESTER**

PAPER IV – EXERCISE THERAPY - II AND SOFT TISSUE MANIPULATIONS

Q.P. Code: 746271

Time : Three Hours

Maximum : 100 marks

Answer ALL questions

I. Elaborate on:

(2 x 20 = 40)

1. Explain in detail about different techniques involved in facial massage and its physiological and therapeutic effect.
2. Explain in detail the techniques of proprioceptive neuromuscular facilitation by Dr. Herman Kabat and effects and uses.

II. Write notes on:

(8 x 5 = 40)

1. Contracture and Deformity.
2. Causes of Muscle Paralysis.
3. Mobilisation of a stiff joint.
4. Measures for Prevention of Muscle wasting.
5. Grades of Spasticity.
6. Abnormal Posture.
7. Mobility Aids.
8. Gait cycle.

III. Short Answers on:

(10 x 2 = 20)

1. Agility Exercises.
2. Isometric Exercises.
3. Endurance.
4. Hold and Pull.
5. Flaccidity.
6. Scissoring Gait.
7. Petrissage.
8. All or none law.
9. Torque.
10. Double joint muscle.

**B.P.T. DEGREE EXAMINATION
SECOND YEAR / III & IV SEMESTER**

PAPER IV – EXERCISE THERAPY - II AND SOFT TISSUE MANIPULATIONS

Q.P. Code: 746271

Time : Three Hours

Maximum : 100 marks

Answer ALL questions

I. Elaborate on:

(2 x 20 = 40)

1. Define stretching. Discuss the procedure of stretching of Hamstring muscle.
2. How do you assess muscle power of Tibialis Anterior? Explain the reeducation of Tibialis Anterior from muscle power 0 to 5.

II. Write notes on:

(8 x 5 = 40)

1. Stair gait with crutches.
2. Contraindications of massage.
3. Diaphragmatic breathing exercise.
4. Purpose and types of walkers.
5. Techniques of chest physiotherapy.
6. Ballistic stretching.
7. Pendular suspension.
8. Balance exercise for vestibular dysfunction.

III. Short Answers on:

(10 x 2 = 20)

1. Kneeding.
2. Pressure sores.
3. Effects of passive movements.
4. Crutch muscles.
5. Quadripod.
6. Functional reach test.
7. Inner range.
8. Swing through gait.
9. Preparation of therapist before massage.
10. Static quadriceps exercise.

**B.P.T. DEGREE EXAMINATION
SECOND YEAR / III & IV SEMESTER**

PAPER IV – EXERCISE THERAPY - II AND SOFT TISSUE MANIPULATIONS

Q.P. Code: 746271

Time : Three Hours

Maximum : 100 marks

Answer ALL questions

I. Elaborate on:

(2 x 20 = 40)

1. Discuss the various grading system of muscle power. Explain in detail about the procedure of manual muscle testing of Biceps brachi.
2. Describe the indications, principles and procedure of Frenkel's exercise.

II. Write notes on:

(8 x 5 = 40)

1. Indications and contraindications of passive movement.
2. Stretching of pectoralis major.
3. Segmental expansion exercise.
4. Crutch balance training.
5. Cardiovascular complications of bed rest.
6. Types of goniometers.
7. Daily adjustable progressive resisted exercise.
8. Indications for suspension therapy.

III. Short Answers on:

(10 x 2 = 20)

1. Stroking.
2. Contraindications for facial massage.
3. PNF stretch.
4. Theraband.
5. Pulley.
6. Disuse atrophy.
7. Two point gait.
8. Schobers test.
9. Close kinematic chain exercise.
10. Home program for Bell's palsy.

[LI 6271]

FEBRUARY 2016

Sub. Code: 6271

**SECOND YEAR BPT EXAMINATION
PAPER IV - EXERCISE THERAPY - II INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on: **(2 x 20 = 40)**

1. Explain the principles of Goniometry. Describe the procedure of assessment of range of all movements of shoulder joint.
2. Discuss the indications, contra indications, technique, effects and uses of Back Massage.

II. Write notes on: **(8 x 5 = 40)**

1. Grades of mobilization.
2. Purpose and parts of wheelchair.
3. Massage table.
4. Uses of breathing exercises.
5. Axial suspension.
6. Self stretching of Trapezius.
7. Manual muscle testing for quadriceps.
8. Free exercise for knee joint.

III. Short answers on: **(10 x 2 = 20)**

1. Re-education board.
2. Types of passive movements.
3. Rolators.
4. Electrogoniometers.
5. Wobble board.
6. Glossopharyngeal breathing.
7. Springs.
8. Prevention of deep vein thrombosis.
9. Define coordination.
10. Physiological changes to muscle stretch.

[LJ 6271]

AUGUST 2016

Sub. Code: 6271

**SECOND YEAR BPT EXAMINATION
PAPER IV - EXERCISE THERAPY - II INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain the principles of passive Stretching. Describe assessment of hip flexor tightness and management including home program.
2. Explain the grades of Mobilization. Discuss the indications, contra-indications, technique, effects and uses of knee Mobilization.

II. Write notes on:

(8 x 5 = 40)

1. Facial massage.
2. Purpose, types and parts of crutch.
3. Close pack and loose pack position.
4. Effect of prolonged immobilization on muscle and bone.
5. Pendular suspension.
6. Axis for measurement of hip abduction and adduction range.
7. Rolling activity and its uses.
8. Biceps muscle work in inner, middle and outer range.

III. Short answers on:

(10 x 2 = 20)

1. Types of muscle work
2. Sports massage
3. Walking stick
4. Gravitational goniometers
5. Balance board
6. Frog breathing
7. Frenkel's exercise
8. Muscle tone
9. 10 repetitions maximum
10. Medicine ball

[LK 6271]

FEBRUARY 2017

Sub. Code: 6271

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on: **(2 x 20 = 40)**

1. Write in detail on Derived positions and its uses.
2. Define Passive movement. Discuss the indications, contra indications, technique, effects and uses of lower limb Passive movements.

II. Write notes on: **(8 x 5 = 40)**

1. PNF techniques.
2. Mobility aids.
3. Exercises for in co-ordination.
4. Dynamic stretching.
5. Manual muscle testing of brachioradialis.
6. Bed rest complications.
7. Manual muscle testing for triceps.
8. Free exercise for elbow joint.

III. Short answers on: **(10 x 2 = 20)**

1. Active assisted exercises.
2. Types of muscle contraction.
3. Rhythmic initiation.
4. Axillary crutch measurement.
5. Active quadriceps stretching.
6. Relaxed diaphragmatic breathing.
7. Weight cuffs.
8. Pelvic tilt.
9. Mc Queen PRE.
10. Goniometry.

[LL 6271]

AUGUST 2017

Sub. Code: 6271

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on: **(2 x 20 = 40)**

1. Define stretching, mention its types and explain the determinants of stretching.
2. Define massage. Explain the sequence/indications/contraindications for facial massage.

II. Write notes on: **(8 x 5 = 40)**

1. Chest manipulation types and uses.
2. Walking frame – types and uses.
3. Active - resistance test.
4. Complication of prolonged bed rest.
5. Grades for joint mobilization.
6. Stretch reflex.
7. Manual muscle testing for Hamstrings.
8. Effects and uses of passive movement.

III. Short answers on: **(10 x 2 = 20)**

1. End feel.
2. Types of Goniometer.
3. Define joint play.
4. Indication for passive movement.
5. Types of resisted exercises.
6. Muscle soreness.
7. Define range of motion.
8. Types of muscle contractures.
9. Define mobilization.
10. Crutch muscles.

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

[LM 6271]

FEBRUARY 2018

Sub. Code: 6271

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on: (2 x 20 = 40)

1. Describe the causes for Incoordination. Explain in detail about the principles and progression of Frenkel's exercises.
2. Discuss the indications, contra indications, technique, effects and uses of Lower Limb Massage.

II. Write notes on: (8 x 5 = 40)

1. Axes and planes.
2. Crutch walking.
3. Resisted exercises for hip flexors.
4. Hold relax technique.
5. Maintenance exercise for prolonged bed rest patients.
6. Re-education of scapular rotators.
7. Manual muscle testing for biceps.
8. Sternocleidomastoid stretch.

III. Short answers on: (10 x 2 = 20)

1. Starting positions.
2. Muscle work.
3. Walkers.
4. Universal goniometer.
5. Shadow walking.
6. Breathing exercises.
7. Pulleys.
8. Crutch stance.
9. Define balance.
10. Angle of pull.

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

[LN 6271]

AUGUST 2018

Sub. Code: 6271

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on: **(2 x 20 = 40)**

1. Define Passive movement. Explain the principles, effects and uses of Passive movements.
2. Define joint mobilization. Explain the principles of joint mobilization and mobilization technique for shoulder joint.

II. Write notes on: **(8 x 5 = 40)**

1. Delorms and Oxford technique for progressive resisted exercise.
2. Effects and uses of Effleurage.
3. Frenkle's exercise.
4. Effects and uses of breathing exercise.
5. Complications of prolonged bed rest patients.
6. Glossopharyngeal breathing.
7. Manual muscle testing – Quadriceps.
8. Determinants of stretching.

III. Short answers on: **(10 x 2 = 20)**

1. Kneading.
2. Crutch measurement with shoes off.
3. Define contractures.
4. Define Goniometer.
5. Contraindication for stretching.
6. Define joint play.
7. Muscle power grading.
8. Swing to & swing through Gait.
9. Define clapping.
10. High velocity thrust.

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

[LO 6271]

FEBRUARY 2019

Sub. Code: 6271

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on: (2 x 20 = 40)

1. Define Stretching. Discuss the procedure of stretching of Hamstring in detail.
2. How will you reeducate the Quadriceps muscle power from grade 0 to grade 5?

II. Write notes on: (8 x 5 = 40)

1. Prevention of deep vein thrombosis.
2. Assessment of coordination.
3. Effects of active movement.
4. Procedure of passive movement of wrist joint.
5. Segmental expansion exercise.
6. Vertical suspension.
7. Treatment of edema.
8. Assessment of range of supination and pronation of radioulnar joint.

III. Short answers on: (10 x 2 = 20)

1. Tripod.
2. Types of wheelchair.
3. Pendular goniometer.
4. Static exercise.
5. Repetition maximum.
6. Open kinematic exercise.
7. Pelvic tilt.
8. Shaking technique.
9. Romberg test.
10. Swiss ball.

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

[LP 6271]

AUGUST 2019

Sub. Code: 6271

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on: **(2 x 20 = 40)**

1. List out the complication of prolonged bedridden patients. Add a note on prevention and maintenance exercise for them.
2. Define manual muscle testing, indication and procedure for manual muscle testing scale.

II. Write notes on: **(8 x 5 = 40)**

1. Goniometer and its parts.
2. Osteo-kinematics.
3. Passive stretching procedure for hamstring.
4. Muscle re-education chart.
5. PNF stretching.
6. Axillary Crutch measurement.
7. Modes of resisted exercise.
8. Suspension therapy and its uses.

III. Short answers on: **(10 x 2 = 20)**

1. Muscle soreness.
2. Active stretching.
3. End feel.
4. 1 RM (Repetition Maximum).
5. Quadriceps arc exercise.
6. Transverse friction massage.
7. Uses of walker.
8. Functional re-education.
9. Uses of fundamental position.
10. Endurance training.

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

[LQ 6271]

FEBRUARY 2020

Sub. Code: 6271

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on: (2 x 20 = 40)

1. Discuss the indications, procedure and effects of Progressive Resisted exercises.
2. Explain about mobility aids. Write down the procedure of gait training with axillary crutches.

II. Write notes on: (8 x 5 = 40)

1. Effects of joint mobilization.
2. Principles of Goniometry.
3. Diaphragmatic breathing exercise.
4. Prevention of Pressure sore.
5. Contraindications of Massage.
6. Balance assessment.
7. Self stretching of Trapezius.
8. Types and effects of Passive movement.

III. Short answers on: (10 x 2 = 20)

1. Reeducation board.
2. Arthrokinematics.
3. Uses of axial suspension.
4. Theraband.
5. Disuse atrophy.
6. Stroking technique.
7. Close packed position.
8. Aerobic exercise.
9. Pulleys.
10. Principles of Frenkel's exercise.

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

[LR 1220]

**DECEMBER 2020
(AUGUST 2020 EXAM SESSION)**

Sub. Code: 6271

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE
MANIPULATION
Q.P. Code : 746271**

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Define Muscle Re-education. Explain the principles and Re-education for Quadriceps muscle.
2. Define Breathing exercise. Explain in detail about the types of breathing exercise and its effects and uses.

II. Write notes on:

(8 x 5 = 40)

1. Convex-concave rule.
2. Suspension therapy – its types and uses.
3. Axillary crutch.
4. Effects and uses of kneading.
5. Grades of Joint mobilization.
6. Resisted exercise – types and uses.
7. Principles of passive movement.
8. Sequence for back massage.

III. Short answers on:

(10 x 2 = 20)

1. Repetition maximum.
2. Effleurage.
3. Define balance.
4. Define crutch line.
5. End feel.
6. Define stretching.
7. Electro goniometer.
8. Define joint play.
9. Uses of walker.
10. Muscle soreness.
