

**Rajiv Gandhi University of Health Sciences, Karnataka.****II Year B.P.T. Degree Examination - OCT-2019****Time: Three Hours****Max. Marks: 100 Marks****Exercise Therapy (RS-3 & RS-4)****Q.1), CODE: 2711**

Your answers should be specific to the questions asked
Draw neat labeled diagrams wherever necessary

LONG ESSAYS (Answer any Two)**2 x 10 = 20 Marks**

1. Define PINE Explain the basic neurophysiological principles of PNP. Add a note on techniques of facilitation.
2. Write in detail about principles and techniques of mobilization of shoulder joint. What is biomechanical basis of mobilization?
3. Define massage. List the various techniques in massage with therapeutic effects for each.

SHORT ESSAYS (Answer any Twelve)**12 x 5 = 60 Marks**

4. Define coordination. Explain uses and techniques of frenkles exercises.
5. What is Pranayama? Explain the principles and techniques
6. What are the types of balance retraining?
7. Explain the postural mechanism and write any two corrective exercises for scoliosis
8. Explain the properties of water and clinical significance of them in hydrotherapy
9. Describe about the components of aerobic exercise program
10. Define suspension therapy. Explain the principles and uses and types of suspension
11. What is MMT? List out the principles and merits of MMT
12. Classify passive movement. Explain the techniques of passive movements
13. Explain principles, effects and use of free exercises. Write any four exercises for knee joint in FWB
14. What is PRE? List out the techniques and explain any one in detail
15. Describe the advantages and disadvantages of group exercises
16. Principles and uses of mat exercises
17. Define crutch gait. Write about partial weight bearing crutch gait

SHORT ANSWERS**10 x 2 = 20 Marks**

18. What do you mean by Trendelenberg gait?
19. List out the effects of De-conditioning on the musculo skeletal system.
20. What is Repetition maximum?
21. Hyperplasia and hypertrophy
22. Valsalva maneuver
23. Karovnen's formula
24. Romberg sign
25. Concave - convex rule
26. Sherrington's law of reciprocal innervations
27. Mention any two derived positions of kneeling

