



Exercise Therapy (RS-5)

Q.P. CODE: 2740

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. Explain in detail principles, types and uses of goniometry.
2. Principles of Proprioceptive neuromuscular facilitation.
3. Define balance. Write any two tests of balance. Treatment for balance retraining for patients with balance dysfunction.

SHORT ESSAYS (Answer any Twelve)

12 x 5 = 60 Marks

4. Grades of mobilization
5. Types of suspension therapy
6. Rhythmic stabilization and Rhythmic initiation
7. Indications and Limitations of manual muscle testing
8. Physiological changes during aerobic exercises
9. Jacobson's techniques of relaxation
10. Mention different types of endurance **tests**.
11. Define limb length discrepancy and types **of limb length** discrepancies.
12. Sensory evaluation
13. Explain derived position from kneeling and mention advantages and disadvantage for the same.
14. Effects and uses of hydrotherapy
15. Factors contributing to a poor posture
16. Types of muscle work
17. Principles of manual muscle testing **SHORT ANSWERS**

10 x 2 = 20 Marks

18. Three point gait
19. Kneading
20. Hoid relax technique
21. Self stretching
22. Name two principles of aerobic exercises
23. Two merits of hydrotherapy
24. Define PNF.
25. Define co-ordination.
26. What is a motor unit?
- 27 Isometric contraction