

# Rajiv Gandhi University of Health Sciences, Karnataka

## II Year B.P.T. Degree Examination - SEP-2018

Time: Three Hours

Max, Marks: 100 Marks

### Exercise Therapy (RS-3 & RS-4)

**Q.P. 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. Classify strengthening exercises. Write in detail about progressive **resisted exercises**
2. **Explain the principles of massage.** Enumerate the technique of **massage** and explain any three
3. **Define Aerobic capacity. Explain the types and phases of** aerobic exercise

#### SHORT ESSAYS (Answer any Twelve)

**12 x 5 = 60 Marks**

4. Explain the methods of postural evaluation
5. Explain the effects of immobilization in musculoskeletal **system**
6. Write a note on PNF stretching
7. Describe relaxation exercise in detail
8. Explain the merits and demerits of continuous passive mobilization
9. Write briefly about shoulder mobilization
10. Write a note on gait training
11. Explain the role of recreational activities in rehabilitation
12. Explain the principle of hydrotherapy and its application in exercise therapy
13. Write briefly about free exercises
14. Explain co-ordination **evaluation** in detail
15. Compare open kinematic with closed kinematic exercise
16. Write a note on muscle re-education
17. Explain the principle of asanas

#### SHORT ANSWERS

**10 x 2 = 20 Marks**

18. Define isometric contraction
19. Types of receptors
20. Definition of group therapy
21. Indications for hydrotherapy
22. Components of balance
23. Define accommodation
24. List any four uses of mat exercise
25. List any four contra indications for massage
26. Types of suspension therapy
27. List any two principles of strengthening exercise

\*\*\*\*\*