

. 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-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. What is manual muscle testing? Explain the principles and uses of MMT.
2. Define massage; classify massage with indications and contraindications.
3. Explain the techniques of strengthening biceps brachii from grade 1 to grade 5.

SHORT ESSAYS (Answer any Twelve)

12 x 5 = 60 Marks

4. Describe types of muscle contractions with examples.
5. Define passive movements. Mention the indications of passive movement.
6. Define stretching. What are the physiological effects of stretching?
7. Explain the principles of PNF technique.
8. What are Frenkel's exercises? Mention the uses of Frenkel's exercises.
9. Define suspension therapy. Mention the types of suspension.
10. Define postural drainage. Mention indications and techniques.
11. Define endurance. Explain the types of endurance with examples.
12. Describe the muscle work during squatting.
13. Describe coordination exercise.
14. Explain the principles of hydrotherapy.
15. Describe the physiological effects of relaxation.
16. What are active exercises? Mention its classification and uses.
17. Write a note on grades of mobilization.

SHORT ANSWERS

10 x 2 = 20 Marks

18. What is 1 RM?
19. Mention four uses of effleurage.
20. Define closed chain exercise.
21. What is hold-relax technique?
22. Mention two uses of static cycle.
23. Define muscle tone.
24. Define free exercise.
25. Define tightness and contracture.
26. Mention any two demerits of suspension therapy.
27. Define pinch grip.