

**Rajiv Gandhi University of Health Sciences, Karnataka****II Year B.P.T Degree Examination - 09-Mar-2021****Time: Three Hours****Max. Marks: 100 Marks****EXERCISE THERAPY (RS5)****Q.P. CODE: 2740**

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

**LONG ESSAYS (Second Question Choice)****2 x 10 = 20 Marks**

1. Write an essay on different schools of manual therapy. List the indications and contraindications for manual therapy.
2. Define posture. Explain types of posture and analysis of posture in frontal plane.

**OR**

What are passive movements? Explain the principles, indications and contraindications for passive movements.

**SHORT ESSAYS (Question No 3 & 12 choice)****10 x 5 = 50 Marks**

3. What is aerobic exercise? Explain the types and phases of aerobic training.

**OR**

Describe ideal alignment on standing with emphasis on ankle, knee and hip.

4. Describe the types of range of motion.
5. Explain asanas in yoga.
6. What are components of balance?
7. Describe PNF stretching.
8. Explain the tests for co-ordination.
9. Explain physiological effects and uses of 'hacking' massage technique.
10. Explain Jacobson's relaxation method.
11. Explain the fundamental and derived positions.
12. Methods of measurement of thigh and forearm girth.

**OR**

Explain examination for a patient to be trained with walking aids.

**SHORT ANSWERS****10 x 3 = 30 Marks**

13. What are the uses of traction?
14. Mention the adverse effects of slumped posture.
15. Define irradiation.
16. Define flexibility and mobility.
17. Define adaptation and conditioning.
18. What is Lofstrand crutch?
19. What is ballistic stretching?
20. Describe true and apparent limb length.
21. What is reversibility principle?
22. Difference between hydromechanics and thermodynamics.

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