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**GF-133004**

Seat No. \_\_\_\_\_

**Bachelor of Physiotherapy (Sem. III) Examination**

March / April — 2019

**BPTOC - 304 : Foundation of Exercise Therapy and  
Therapeutic Massage**

Time : 3 Hours]

[Total Marks : 80

**Instructions :**

1. Answer should be brief and to the point.
2. Illustrate answer with suitable diagrams
3. Figures to the right indicate full marks.

**SECTION -1****1. LONG ANSWER ( Any 1 out of 2 )****1x15=15**

- A. Classify Movements. Explain in detail about Active movements.
- B. What is Suspension therapy? Explain in detail about various types of Suspension, its effects and uses.

**2. SHORT ANSWER (Any 3 out of 4 )****3X5=15**

- A. Mechanical Advantage.
- B. Types of Muscle contractions.
- C. Measurement of True Limb length discrepancy.
- D. Walking Aids.

**3. VERY SHORT ANSWER (Any 5 out of 7)****5x2=10**

- A. Trendelenburg Gait
- B. Delorme's shoe
- C. Definition of Massage
- D. Second order Lever
- E. Anterior pelvic tilt
- F. Friction Massage
- G. Tidal Volume

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**SECTION -2**

**4. LONG ANSWER ( Any 1 out of 2) 1x15=15**

- A. Classify Massage. Write in detail about Massage to clear airway.**
- B. Write in detail about the indications and contraindications of Massage.**

**5. SHORT ANSWER (Any 3 out of 4 ) 3X5=15**

- A. Effluerage**
- B. Derived positions of Sitting**
- C. Elbow Crutches**
- D. Kneading manipulations**

**6. VERY SHORT ANSWER (Any 5 out of 7) 5x2=10**

- A. Tenting**
- B. Buoyancy**
- C. Measurement of Knee Flexion (By Goniometer)**
- D. End feels**
- E. Diaphragmatic breathing**
- F. Synovial Joints**
- G. Facial Massage**