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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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[Contd....



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