

PRELIMINARY EXAMINATION 2ND YEAR BPTb 2018-19
KINESIOTHERAPY

Total Duration: Section A+B = 3 hours

Date: 18/04/2019

Total Marks: 80

Instruction:

1. Use blue/black ball point pen only.
 2. Do not write anything on the blank portion of the question Paper. If written anything, such type of act will be considered an attempt to resort to unfair means.
 3. All questions are compulsory.
 4. The number to the right indicates full marks.
 5. Draw diagrams wherever necessary.
 6. Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
 7. Use a common answer book for all Section.
-

SECTION — A SAQ (50 Marks)

A. Short answer questions (Any five out of six) :

(5x3=15)

1. Define stress and strain.
2. Pursed lip breathing.
3. Contradiction of cervical traction.
4. Muscle required for crutch walking.
5. Principle of Proprioceptive Neuromuscular Facilitation (PNF).
6. 3 types of trick movement with example.

B. Short answer question. (Any five out of six)

(5X7=35)

1. Frenkle's exercise.
2. Describe Mat exercise — program from supine to sitting.
3. Discuss physiological effects, indications & contraindication of hydrotherapy.
4. Write on different types of crutch gaits.
5. Diaphragmatic Breathing exercise
6. Explain types of contractions.

SECTION — B LAQ (30 Marks)

C. Long answer question. (Any one out of two) **(1x15=15)**

1. Define joint mobility. Explain indications & contraindications of mobility exercise. Give different mobility technique for knee joint. **(10+5)**
2. Describe principles of muscle strengthening. Discuss different regimes of progressive resisted exercise. **(15)**

D. Long answer question. (Any one out of two) **(1x15=15)**

- I. What is postural drainage? Write indication & contraindication of postural drainage. Write about manual techniques used in postural drainage. **(2+5+10)**
2. Define posture. Describe evolution of posture in humans. Enumerate & discuss the factors affecting normal posture. **(10+5)**

-X-X-X-X-X-X-X-X-