

[LQ 6271]

FEBRUARY 2020

Sub. Code: 6271

**BPT DEGREE EXAMINATION  
SECOND YEAR  
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE  
MANIPULATION**

*Q.P. Code : 746271***Time: Three hours****Maximum: 100 Marks**

**I. Elaborate on:** **(2 x 20 = 40)**

1. Discuss the indications, procedure and effects of Progressive Resisted exercises.
2. Explain about mobility aids. Write down the procedure of gait training with axillary crutches.

**II. Write notes on:** **(8 x 5 = 40)**

1. Effects of joint mobilization.
2. Principles of Goniometry.
3. Diaphragmatic breathing exercise.
4. Prevention of Pressure sore.
5. Contraindications of Massage.
6. Balance assessment.
7. Self stretching of Trapezius.
8. Types and effects of Passive movement.

**III. Short answers on:** **(10 x 2 = 20)**

1. Reeducation board.
2. Arthrokinematics.
3. Uses of axial suspension.
4. Theraband.
5. Disuse atrophy.
6. Stroking technique.
7. Close packed position.
8. Aerobic exercise.
9. Pulleys.
10. Principles of Frenkel's exercise.

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