

**Q.P. Code: 203014 (Old Scheme)****Reg. No.:.....****Second Year BPT Degree Supplementary Examinations  
March 2019****Exercise Therapy  
(2010 Scheme)****Time: 3 hrs****Max marks: 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays****(2x10=20)**

1. Define stretching. Discuss the procedure of stretching of hamstring muscles.
2. How do you prepare a below knee amputee for crutch walking

**Short notes****(10x5=50)**

3. Techniques of general relaxation
4. Explain the value and disadvantages of groups exercise.
5. Endurance exercise.
6. Techniques of chest physiotherapy.
7. Causes of muscle paralysis.
8. Crutch balance training
9. Pulleys and springs
10. Intrinsic foot muscles
11. Exercises for scoliosis
12. Various pathological gaits

**Answer briefly****(10x3=30)**

13. Biaxial joint movement
14. Diaphragmatic breathing exercise.
15. Purpose and uses of bridging
16. Define Hooke's law
17. Stride stance
18. Agility exercises
19. Buoyancy and its clinical significance
20. PNF stretch
21. Stunt and spurt muscles.
22. Break test