



Second Year BPT Degree Supplementary Examinations August 2017

**EXERCISE THERAPY
(2010 Scheme)**

Time : 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. Define free exercise: mention its advantages, disadvantages, classification, technique, effects and uses.
2. Explain the different principles and laws related to hydrotherapy. What safety precaution will you adopt during hydrotherapy.

Short notes

(10x5=50)

3. Mobility aids
4. Segmental expansion exercise
5. Determinants of gait.
6. Slow reversal technique.
7. Pelvic tilt
8. IT band stretching
9. Explain the various types of levers with example in human body.
10. Oxford method of progressive resisted exercise.
11. End feel
12. How will you strengthen Biceps Brachii muscle power from grade 3 to grade 4

Answer briefly

(10x3=30)

13. Contraindications for hydrotherapy
14. Savasana
15. Functional reach test
16. Ballistic stretching
17. Kinesthetic sensation
18. Pursed lip breathing
19. Thomas test
20. Buoyancy
21. Types of goniometer
22. Principles of passive movement