

Second Year BPT Degree Supplementary Examinations - May 2015

**(2012 Scheme)**

**EXERCISE THERAPY**

**Time : 3 hrs**

**Max marks : 100**

- Answer all questions
- Draw diagrams wherever necessary

**Essays**

**(2x14=28)**

1. What are group exercises. Explain the merits and demerits of group exercises. Add a note on the organisation of group exercises. (2+6+6=14)
2. Explain the factors predisposing to poor posture. Discuss the technique of postural re-education. Add a note on patient education. (2+10+2=14)

**Short notes**

**(4x8=32)**

3. Axes and planes
4. Plyometrics
5. Precautions and contraindications for hydrotherapy
6. Mitchell's relaxation technique

**Answer briefly**

**(10x4=40)**

7. Types of suspension therapy
8. Stroking manipulation
9. Benefits of asanas
10. Circuit weight training
11. Parts of goniometer
12. Elbow crutch
13. Measurement of limb length
14. Levers in physiotherapy
15. Indication for muscle energy techniques
16. Group action of muscles.

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