



Second Year BPT Degree Supplementary Examinations - June 2013

EXERCISE THERAPY

Time: 3 hrs

Max marks : 100

- Answer all questions
- Draw diagrams wherever necessary

Essays

(2x10=20)

1. What do you mean by Proprioceptive Neuromuscular facilitation(PNF). Discuss the principles of PNF and any three techniques of PNF.
2. Define postural drainage and discuss its indications & contra indications

Short notes

(10x5=50)

3. Describe the types of breathing exercises in brief.
4. Concentric and eccentric contractions.
5. Principles of Frenkel's exercises
6. Closed chain exercise
7. Discuss in brief regarding the types of balance training
8. Describe the types of suspension therapy
9. List the effects and precautions of stretching
10. Describe contract relax and hold relax techniques
11. Phases of aerobic exercises
12. Discuss the principles of goniometry

Answer briefly

(10x3=30)

13. Muscle tone
14. Muscle energy techniques
15. Pulleys
16. Endurance
17. Free exercises
18. Roll and slide
19. List the components of balance
20. Yoga
21. Diagrammatic representation of levers
22. List any four abnormal postures
