

Exercise Therapy – I

[New Scheme w.e.f. 2009]

Time: 3 Hours**Max Marks: 80**

- Note:** 1.) *Attempt all questions.*
2.) **ATTEMPT BOTH PARTS IN SINGLE ANSWER BOOK ONLY.**
3.) **NO SUPPLEMENTARY SHEET SHALL BE ALLOWED/ PROVIDED**
4.) **The Student must write Q.P. Code in the space provided on the Title page of the Answer Book.**

SECTION - A**[40 Marks]**

1. **Write short Notes up to 5 lines in length.** [5x3=15]
(a) Eccentric muscle contraction
(b) Indications of active assisted movement.
(c) R.O.M. Measurement of radio ulnar supination
(d) M.M.T. of gluteus maximus
(e) Indications and contraindications of kneading.
2. **Answer the following question upto 3 pages in length.** [10]
Describe relaxation? Explain effect of mental tension on muscle spasm and management of muscle spasm?
3. **Attempt any ONE question out of the following two questions and Answer should be upto 5 pages in length.** [15]
(a) Discuss in detail about manual muscle testing of Serratus anterior, Vastus medialis and Gastrocnemius.
- OR**
- (b) Explain technique, relevance, indications and contraindications of Goniometry?

SECTION – B**[40 Marks]**

4. **Write short Notes up to 5 lines in length.** [5x3=15]
(a) Indications of passive movement.
(b) Effect and indications of Vibration
(c) Theraband exercises for ankle plantarflexors and pronators.
(d) R.O.M measurement of shoulder rotation
(e) Role of augmented feedback in learning.
5. **Answer the following question upto 3 pages in length.** [10]
Discuss in detail about jacobson relaxation technique?
6. **Attempt any ONE question out of the following two questions and Answer should be upto 5 pages in length.** [15]
(a) What is suspension therapy? Explain principle and indications of suspension therapy.
- OR**
- (b) Discuss in detail about physiological and therapeutic effects of soft tissue manipulation?