

[LD 6271]

AUGUST 2013

Sub. Code: 6271

**B.P.T. DEGREE EXAMINATION**  
**SECOND YEAR**  
**PAPER IV – EXERCISE THERAPY - II**  
**INCLUDING MASSAGE**

*Q.P. Code: 746271*

**Time : Three Hours****Maximum : 100 marks****Answer ALL questions****I. Elaborate on:****(2 x 20 = 40)**

1. Discuss the Procedure, advantages and disadvantages of various types of suspension.
2. How do you prepare a below knee amputee for crutch walking?

**II. Write notes on:****(8 x 5 = 40)**

1. Facial massage.
2. Oxford method of progressive resisted exercise.
3. Balance training.
4. End feel.
5. Self stretching of Hamstring muscles.
6. Concavo convex rule.
7. How does a massage practitioner maintain good body mechanics?
8. Pursed lip breathing.

**III. Short Answers on:****(10 x 2 = 20)**

1. How do you apply massage techniques to a ticklish subjects?
2. Thomas test.
3. Reciprocal inhibition.
4. Friction.
5. Pendular exercise.
6. Tripod.
7. How will you check the ideal height of massage table.
8. Home program for patient with mechanical low back pain.
9. Define muscle strength.
10. Exercise for foot intrinsic muscles.

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