

[LJ 6271]

AUGUST 2016

Sub. Code: 6271

**SECOND YEAR BPT EXAMINATION
PAPER IV - EXERCISE THERAPY - II INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours**Maximum: 100 Marks****I. Elaborate on:****(2 x 20 = 40)**

1. Explain the principles of passive Stretching. Describe assessment of hip flexor tightness and management including home program.
2. Explain the grades of Mobilization. Discuss the indications, contra-indications, technique, effects and uses of knee Mobilization.

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

1. Facial massage.
2. Purpose, types and parts of crutch.
3. Close pack and loose pack position.
4. Effect of prolonged immobilization on muscle and bone.
5. Pendular suspension.
6. Axis for measurement of hip abduction and adduction range.
7. Rolling activity and its uses.
8. Biceps muscle work in inner, middle and outer range.

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

1. Types of muscle work
2. Sports massage
3. Walking stick
4. Gravitational goniometers
5. Balance board
6. Frog breathing
7. Frenkel's exercise
8. Muscle tone
9. 10 repetitions maximum
10. Medicine ball
