

[LK 6270]

FEBRUARY 2017

Sub. Code: 6270

**BPT DEGREE EXAMINATION  
SECOND YEAR  
PAPER III - EXERCISE THERAPY – I**

*Q.P. Code : 746270*

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

1. Write down the principles, indications and contraindications of Hydrotherapy, add a note on safety precautions during Hydrotherapy.
2. Define Gait. Describe in detail the various phases of gait. Elaborate in detail the various pathological Gait.

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

1. Pelvic tilt.
2. Types of muscular contraction.
3. Pulleys and its therapeutic uses.
4. Contract relax/Hold relax.
5. Free exercises for shoulder joint.
6. Jacobson's relaxation technique.
7. De'lormes technique.
8. Second order lever with example.

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

1. Define - Exercise therapy.
2. Purpose of mat activity.
3. Therapeutic effects of pounding.
4. Parameters used in traction.
5. Hanging.
6. Circumduction motion.
7. Endurance exercise.
8. Shunt and spurt muscles.
9. Mental imaginary technique.
10. Circular kneading.

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