

[LP 6271]

AUGUST 2019

Sub. Code: 6271

**BPT DEGREE EXAMINATION  
SECOND YEAR  
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. List out the complication of prolonged bedridden patients. Add a note on prevention and maintenance exercise for them.
2. Define manual muscle testing, indication and procedure for manual muscle testing scale.

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

1. Goniometer and its parts.
2. Osteo-kinematics.
3. Passive stretching procedure for hamstring.
4. Muscle re-education chart.
5. PNF stretching.
6. Axillary Crutch measurement.
7. Modes of resisted exercise.
8. Suspension therapy and its uses.

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

1. Muscle soreness.
2. Active stretching.
3. End feel.
4. 1 RM (Repetition Maximum).
5. Quadriceps arc exercise.
6. Transverse friction massage.
7. Uses of walke
8. Functional re-education.
9. Uses of fundamental position.
10. Endurance training.

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