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Second (2012) Examination, Summer 2016
KINESIOTHERAPY

Total Duration : Section A+B = 3 Hours

Total Marks : 80

SECTION — A & SECTION — B

instructions : 1) Use blue/black ball point pen only.

- 2) Do not write anything on the blank portion of the question paper. If written anything, such type of act will be considered as an attempt to resort to unfair means,*
- 3) All questions are compulsory.*
- 4) The number to the right indicates full marks.*
- 5) Draw diagrams wherever necessary.*
- 6) Distribution of syllabus in Question Paper is only Meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.*
- 7) Use a common answerbook for all Sections.*

SECTION — A
(SAO)

(50 Marks)

1. Short answer question (any five out of six) (5x3=15)
 - a) Contraindications of cervical traction.
 - b) Define 1 RM and 10 RM.
 - c) Passive Insufficiency of muscles.
 - d) Define Strength, Power and Endurance.
 - e) Contraindications to mobilization.
 - f) Diaphragmatic Breathing Exercise.
2. Short answer question (any five out of six) : (5x7=35)
 - a) Trick movement.
 - b) Principles of strength training.
Write factors affecting posture and physiological deviations of posture.
Discuss in brief the "Concave-Convex" rule of joint mobilization
 - c) Static, Dynamic, and Ballistic Stretching with example of any one muscle.
 - d) Pursed lip breathing.

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SECTION — B
(LAO)

(30 Marks)

3. Long answer question (any one out of two) : (1x15=15)

- a) Define contracture. Describe the different types of contractures. Describe the Hold-relax technique of active inhibition stretching. State the precautions for the same.
- b) Define coordination and write about physiology of coordination. describe Frankel's exercises.

4 Long answer question (any one out of two) : (1 x15=15)

- a) What is postural drainage ? Write indications and contraindications of postural drainage. Write about manual techniques used in postural drainage.
- b) Write physiological effects and therapeutic uses of Hydrotherapy. Describe properties of water. Write contraindications of hydrotherapy.

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