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Second B.P.Th. (2012) Examination, Winter 2017 KINESIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total ME.i.!

SECTION - A & SECTION - B

- Instructions: 1) Use blue/black ball point pen only.
 - **2)** Do not write anything on the blank portion of the questiclo paper. If written anything. such type of act will be consicierEd 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 tocover 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 c.lairn that the Question is out of syllabus. As it is only fo! tile placement sake, the distribution has been done.
 - 7) Use a common answerbook for **all** sections.

SECTION — A (50 Marks) (SAQ)

Short answer question (any five out of six) :

- a) Define Strength. Power and Endurance.
- b) Enumerate the intervention strategies to improve motor control.
- c) Define Gait and Cadence.
- d) Explain Strengthening of triceps muscle from grade it to
- e) Enumerate any six precaution for joint mobilization.
- f) Enumerate different types of gait pattern for use of axillary crutches.

Short answer question (any five out of six)

- a) Describe effects and uses of spinal traction.
- b) Write principles of home program and ergonomic advice for ADLs.
- c) Explain principles and techniques of Frenkels exercises.
- d) Define Humidification. Explain different types and methods of deli've:, humidification.
- e) Define 1 RM. Explain Delorme and Watkins. Macqueen and Zirovieff protooCE Progressive Resisted Exercises.
- f) Define pre 'walking aids' training.



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SECTION - B (30 Marks) (LAO)

Long answer question (any one out of two) :

- a) Define posture and write postural mechanism Write Sagittal pane analysis of optimal erect standing posture and possible physiological deviatiors from it. (5-il 0)
- b) Write goals and uses of breathing exercises. Describe the different types of breatrling (3+7--.,5)exercises. Add a note on ACBT.

Long answer question (any one out of two) :

- a) Describe physical properties of water. Write the physiological and therapeutic effects of hydrotherapy. Write indications and contraindications of hydrotherapy. (3+6-1-61
- b) Define stretching and enumerate different types of it. Write indication contraindications and precaution of stretching. Explain principles of stretching (4+6-5)exercises.

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