



51 21 4

**Second B.P.Th. (2012) Examination, Summer 2018**  
**KINESIOTHERAPY**

Total Duration : Section A + B = 3 Hours

Total Marks : 80

**SECTION A & SECTION — B**

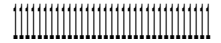
- Instructions :**
- 1) Use **blue/black** ball point pen only.
  - 2) **Do not** write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.
  - 3) **All** questions are **compulsory**.
  - 4) The number 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 (50 Marks)**  
**(SAQ)**

1. Short answer question (**any five** out of six) : **(5x3=15)**
- a) Enlist causes for limited joint mobility.
  - b) Enlist contraindications to Hydrotherapy.
  - c) State various types of Nebulizers.
  - d) What is Break test ?
  - e) Brief about Repetition Maximum.
  - f) What is Delayed onset of muscle soreness ?

**P.T.O.**

51214



2. Short answer question (any five out of six) :

(5x7=35)

- \_\_\_\_\_ a) State Principles of Proprioceptive Neuromuscular Facilitation. Explain one principle in detail. (7)
- b) Describe pre Crutch training programme. State the method of measurement for Axillary Crutch. (7)
- c) Describe various types of Mobility Exercises. (7)
- d) Describe various Expiratory Type of Breathing exercises. (7)
- e) Describe principles of Manual Muscle Testing. (7)
- f) Enumerate structure of nervous system responsible for co-ordinated movement. Describe Freckles exercises. (2+5)

**SECTION – B (30 Marks)**  
**(LAO)**

3. Long answer question (any one out of two) :

(1x15=15)

- a) What is **ACBT** (Active Cycle of Breathing Technique). Describe various Postural Drainage positions for right lung. Enumerate any 3 contraindications for Postural Drainage. (4+8+3)
- b) Describe principles of Strengthening. Enumerate factors influencing muscle strength. Design a exercise programme to train elbow flexors from grade 3 to 5. (6+3+6)

4. Long answer question (any one out of two) :

(1 x1 5=15)

- a) Define Posture. Describe standing postural analysis in sagittal view and frontal view both anteriorly and posteriorly. (2+13)
- b) Define Stretching. Describe various types of Stretching. State indications and contraindications for Stretching. (2+9+4)