

# Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T. Degree Examination - Sep 2012

**Time: Three Hours**

**Max. Marks: 100 Marks**

## EXERCISE THERAPY (RS-3 & RS-4)

**Q.P. CODE: 2711**

Your answers should be specific to the questions asked  
Draw neat labeled diagrams wherever necessary

### LONG ESSAYS (Answer any Two)

**2 x 10 = 20 Marks**

1. Describe various PNF techniques of facilitation for mobility.
2. Describe the technique of mobilising the ankle joint.
3. Discuss the various physiological changes that occurs during aerobic exercises.

### SHORT ESSAYS (Answer any Twelve)

**12 x 5 = 60 Marks**

4. Describe how would you measure the range of movement of supination and pronation using goniometer.
5. Describe the ranges of muscle work with examples.
6. Describe the technique of petrissage.
7. Describe the various derived positions in kneeling position.
8. Discuss the various methods for improving standing balance.
9. Examples for free exercises with diagrams for spinal extensors.
10. What is yoga? Mention its basic principles.
11. Discuss with the examples close kinetic chain exercises for shoulder.
12. What is hydrotherapy and describe the principle of hydrotherapy.
13. Explain factors which pre disposes to poor postures.
14. What are the indications and principle for resisted exercises?
15. Physiological uses of massage.
16. Describe the techniques of muscle testing for shoulder extensors.
17. Describe circuit training.

### SHORT ANSWERS

**10 x 2 = 20 Marks**

18. Strain.
19. Name the critical elements of exercises.
20. Two limitations of joint mobilization.
21. Name the test for inco-ordination.
22. Define posture.
23. What is vertical suspension?
24. Two contra indications of inverted asanas.
25. Uses of hip hiking.
26. Two uses of assisted exercises.
27. SAID Principle.

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