

# Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T Degree Examination – Aug 2013

Time: Three Hours

Max. Marks: 100 Marks

## THERAPEUTICS (OS, RS & RS2)

### Q.P. CODE: 2161

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. What are resisted exercises? Explain the precautions for resisted exercises
2. Mat exercises
3. What are aerobic exercises? Explain the principles of aerobic exercises

#### SHORT ESSAYS (Answer any Twelve)

12 x 5 = 60 Marks

4. Bronchial hygiene
5. Merits and demerits of suspension therapy
6. Delorme's technique
7. Indications and contraindications of hydrotherapy
8. Principles of manual muscle testing
9. Hand muscle strengthening
10. Define postural drainage. Give its indications and contraindications
11. Frenkel's exercise
12. Walking aids
13. Classification and uses of active exercises
14. Indications and contraindications of massage
15. Setting up of therapeutic gymnasium
16. Definition and types of relaxation
17. Hold-relax technique

#### SHORT ANSWERS

10 x 2 = 20 Marks

18. Define endurance and its types
19. Tightness and contracture
20. Petrissage
21. Define flexibility
22. Repetition maximum
23. Muscle tone
24. What is stretching?
25. Equilibrium board
26. Pulleys
27. Functional position of hand