

# Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T. Degree Examination – April 2014

**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 Proprioceptive Neuromuscular facilitation.
2. Describe the physiology of balance and the components of balance.
3. Explain relaxation and write about Jacobson's relaxation.

### SHORT ESSAYS (Answer any Twelve)

**12 x 5 = 60 Marks**

4. Manual muscle testing for deltoid muscle
5. Tests for sensation
6. Classification of passive movements
7. Write about open chain and closed chain exercise.
8. Technique of suspension therapy for knee flexion and extension
9. Use of Frenkles exercise and its progression
10. Merits and demerits of Hydrotherapy
11. Write about Mat exercises.
12. Indications and contraindications of joint mobilization
13. Principles and technique of Free exercises
14. Evaluation of aerobic capacity
15. Technique of Goniometric measurement for Ankle Joint
16. Write in brief about concentric and eccentric exercise with examples.
17. Write in brief about the angle of pelvic inclination.

### SHORT ANSWERS

**10 x 2 = 20 Marks**

18. Speed Test
19. Brief Resisted Isometric Exercise
20. Petrissage
21. Gutter Crutch
22. Define equilibrium.
23. SAID Principle
24. Disadvantages of group therapy
25. Apparent Limb length
26. Active and Inactive posture
27. Two tests for inco-ordination.

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