Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T. Degree Examination – September 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. Write an essay on Aerobic exercises

2. Define Anthropometry. Explain principles, techniques uses & limitations of Anthropometric measurements

3. What are the principles & grades of mobilization? Explain the techniques of mobilization for shoulder joint

SHORT ESSAYS (Answer any Twelve)   **12 x 5 = 60 Marks**

4. Explain the limb length measurement in detail

5. Techniques of massage manipulation

6. Write a note on Mulligan technique of joint mobilization

7. What are the principles & techniques of Hydrotherapy

8. Tests of sensation

9. Define inco-ordination, what are the non-equilibrium tests of co-ordination

10. Write a note on pulmonary Function tests

11. Explain the technique of strengthening of elbow flexors from grade 1 to grade 3

12. Dynamic power test

13. Write a note on Mitchel's technique of relaxation

14. Principles & benefits of Asanas

15. Advantages & disadvantages of group exercises

16. Functional re-education

17. Explain the principles of goniometry & it's technique of measurement

SHORT ANSWERS   **10 x 2 = 20 Marks**

18. Mention any 2 derived positions from sitting

19. Define 10 RM

20. Define work & endurance

21. Differentiate between spasticity & tightness

22. Give 2 examples each for open chain & closed chain exercises

23. What is "break test"?

24. Name 2 uses of gutter crutch

25. Free exercises

26. Name 2 types of resisted exercises

27. Name 2 therapeutic effects of exercise in water

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