

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T. Degree Examination - APRIL - 2015

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. Define balance. Describe in detail the evaluation of impaired balance and balance re-training
2. What are the indications and principles of massage? Describe in detail physiological and therapeutic uses of manipulations in massage
3. How is limb length measured? What are the different types of crutches? Write in detail about various crutch gaits

SHORT ESSAYS (Answer any Twelve)

12 x 5 = 60 Marks

4. Explain non-equilibrium tests for co-ordination
5. Enumerate the principles of PNF
6. Write the protocol for re-education of a muscle from power 1 to 2
7. What are the effects and uses of resisted exercises?
8. Write briefly about the various types of breathing exercise
9. Define hydrotherapy. Enumerate the precautions and contra indications of hydrotherapy
10. What are the normal and abnormal responses to acute aerobic exercise?
11. Write about Frenkels exercises for lower limb
12. Explain the principles, methods and techniques of pranayama
13. Illustrate MMT for knee flexors and extensors
14. Explain petrissage manipulation
15. Define passive movements. Classify it and write down the principles for giving passive movements
16. Write briefly about the benefits of suspension therapy
17. Therapeutic gymnasium

SHORT ANSWERS

10 x 2 = 20 Marks

18. Write the principles of co-ordination exercise
19. Enumerate any two mat activities
20. Define good posture
21. Explain Delormes technique
22. What is Mitchell's Relaxation Technique?
23. Write any two derived positions
24. List down the components of a gait cycle
25. Define stretching
26. What is 1 RM?
27. Write any two principles of MMT
