Rajiv Gandhi University of Health Sciences, Karnataka
II Year B.P.T. Degree Examination - APRIL-2019

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. Explain the principles of proprioceptive neuromuscular facilitation, elaborate the techniques of
   facilitation used for strengthening.
2. Define suspension therapy. Explain in detail the different types, techniques of suspension
   therapy for lower limb.
3. Establish a therapeutic exercise program to strengthen lumbar extensor muscles.

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

4. Benefits of CPM.
5, Precautions and contraindication for resistance exercise.
6. Principle of isokinetic exercise and mention its advantages.
7. Describe the cardiovascular changes to aerobic e>:ercise.
8. Write in brief about frenkles exercise.
9. Explain any two techniques of massage applicable for back.
10. Write the purpose of Pulmonary function test.
11. Difference between delorme and oxford technique.
12. Draw a picture of structure of skeletal muscle,
13. Explain the principles of mobilization.
14, What are the components of balance **and** significance?
15. Explain non equilibrium tests,
16. Mention the causes of **decreased** muscle performance,

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

18 Define endurance.
19, Write any two methods to estimate maximal oxygen consumption.
20. Mention any two precautions need to be taken while teaching exercise to osteoporotic patient.
21. What is muscle setting exercise? Mention any four of muscle setting exercise.
22. Any 2 contra indication to stretching and why it is contra indicated.
23. Benefits of pranayama.
24. Define fatigue.
25. Write any four indications for stretching.
26. What is motor unit?
27. **Label** the parts **of** goniometer.