

Exercise Therapy (RS-5)
Q.P. CODE: 2740

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 passive movements. Classify passive movements and explain the principles of passive movements in detail.
2. Define massage; explain the physiological and therapeutic effects of massage.
3. Explain the techniques of strengthening quadriceps from grade 1 to grade 5.

SHORT ESSAYS (Answer any Twelve)

12 x 5 = 60 Marks

4. Explain the muscle work in kneeling.
5. Describe the merits and demerits of group exercise.
6. Describe techniques of management of Axillary •. Lrutches.
7. What is suspension therapy? Explain various types of suspension therapy.
8. Explain various principles of relaxation.
9. Define manual muscle testing, mention the limitations of 11MT.
10. Enumerate the type of breathing exercise. Describe any one in detail. U.
Define functional mat exercise and mention the stages from sitting to standing. 12,
Describe stretching techniques for hamstring tightness.
13. Write short notes on warm up and cool down exercises.
14. Explain the principles of hydrotherapy.
15. Write about frenkels exercise for lower limb.
16. Define mobilization. What are the indications and contraindication of mobilization?
17. Discuss the adaptation of muscles and connective tissue to resistance exercise.

SHORT ANSWERS

10 x 2 = 20 Marks

18. What is 10 Rli?
19. Define flexibility.
20. Define contracture.
21. What Is cadence?
22. Give two examples of isometric exercise.
23. Muscle work in ideal standing
24. Define strength and endurance.
25. Give two uses of parallel bar.
26. Define PNff.
27. Define power g ri p.