

Rajiv Gandhi University of Health Sciences, Karnataka
II Year B.P.T Degree Examination – 11-Jul-2022

Time: Three Hours

Max. Marks: 100 Marks

EXERCISE THERAPY (RS5)

Q.P. CODE: 2740

Your answers should be specific to the questions asked
Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS (Second Question Choice)

2 x 10 = 20 Marks

1. Describe classification of massage and explain two techniques of massage in detail.
2. Explain Neuro physiology of balance.

OR

Explain Tests for examination of incoordination.

SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. Describe the method of measurement for prescription of axillary crutches.

OR

Describe technique of girth measurement for lower limb.

4. Delorme's and Mac Queens technique of strengthening
5. Explain types of muscle work.
6. Explain positions derived from standing.
7. Describe advantages and disadvantages of group exercises.
8. Explain the methods of PNF stretching.
9. Describe principles of passive movements.
10. Describe principles of postural re-education.
11. What are the effects and uses of free exercises.
12. Mention the indications and limitation of manual muscle testing.

OR

Describe different methods of stretching.

SHORT ANSWERS

10 x 3 = 30 Marks

13. What is Four-point gait?
14. Define PNF.
15. What are the grades of manual muscle testing?
16. What is Contract relax technique?
17. Write contraindications of massage.
18. Define eccentric contraction.
19. What is motor unit?
20. What is active posture?
21. What is timing for emphasis?
22. Describe in short Modified axial suspension.
