

Registration Number

Total Number of Pages:(02)

Course: BACHELOR OF PHYSIOTHERAPY

1st Semester Examination: December 2024

SUBJECT NAME: Exercise Therapy -1 Subject Code: [23AB103]

Q. CODE: A065

Max Time: 3 Hours

Max Marks: 80

All Questions are Compulsory.

Illustrate answer with diagrams wherever relevant/required

The figures in the right-hand margin indicate marks.

- Q1 Long Answer Question (Answer any one out of two) (1 X 15 marks)**
- a) Explain in details about classification of movements in physiotherapy along with specific use of each of them.
 - b) Explain meaning of “resisted exercises”. Explain their principles, importance, contraindications and indications.
- Q2 Long Answer Question (Answer any one out of two) (1 X 15 marks)**
- a) Define passive movement. Explain in detail about its classification, techniques, advantages and disadvantages.
 - b) Explain about various planes and their respective axes which are important to explain various motions occurring in human body
- Q3 Long Answer Question (Answer any one out of two) (1 X 15 marks)**
- a) Explain in details about classification of massage in physiotherapy along with specific use of each of them.
 - b) Describe about fundamental positions in physiotherapy. Explain muscle work and joint position of any two fundamental positions
- Q4 Short Answer Questions (Focused) (Answer any two out of three) (2 X 5 marks)**
- a) Enumerate all derived positions of “lying”
 - b) Explain muscle work of elbow flexion movement while keeping heavy weight in hand
 - c) Explain the importance of the point of suspension in determining the type and degree of movement.
- Q5 Short Answer Questions (Applied) (Answer any two out of three) (2 X 5 marks)**
- a) Risks to patients while doing resisted movement
 - b) Precautions related to massage therapy
 - c) Enumerate principles of progression of resisted exercises.

Q6) Short Answer Case Based Question (Answer any two out of three) (2 X 5 marks)

- a) Friction massage
- b) Optimum use of suspension for joint functional maintenance
- c) Enumerate all components and parts of suspension apparatus

Q7) Objective Type (Selection/ Supplied) (5x1 marks)

- a) Which of the following is a common condition treated using friction massage?
 - a) Osteoarthritis
 - b) Tendonitis
 - c) Ligament sprains
 - d) Spinal disc herniation
- b) Which of the following massage techniques involves the use of rhythmic tapping or percussive movements?
 - a) Effleurage
 - b) Petrissage
 - c) Tapotement
 - d) Friction
- c) Which of the following is a characteristic of passive range of motion (PROM) exercises?
 - a) The patient actively moves the joint through its range
 - b) The therapist or external force moves the joint for the patient
 - c) PROM exercises require the patient to engage their muscles
 - d) PROM exercises are only performed after surgery
- d) Fundamental positions in physiotherapy are primarily used for:
 - a) Therapeutic exercises
 - b) Diagnostic and assessment purposes
 - c) Increasing muscle strength
 - d) Providing resistance during exercises
- e) Which of the following is the most common method of progressing the intensity of resisted exercises?
 - a) Decreasing the range of motion
 - b) Increasing the resistance or weight
 - c) Decreasing the number of repetitions
 - d) Reducing the frequency of exercises
