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Total Number of Pages: (01)

SUBJECT NAME: Exercise Therapy -II

2nd Semester Regular Examination: 2023-24

Course: BPT

SUB_CODE: 23ABP206

BRANCH: BPT

Max Time: 3 Hours

Max Marks: 80

Q. CODE: A169
Sitting: 1st 10.00 AM to 1.00 PM

All Questions are compulsory. Illustrate answer with diagrams wherever relevant / required

The figures in the right-hand margin indicate marks.

- Q 1 Long Answer Question (Answer any one out of two) (1 X 15 marks)
- a) Write about the kinetic analysis of normal gait
- b) Describe the types of hydrotherapy units and equipments used in hydrotherapy
- Q 2 Long Answer Question (Answer any one out of two) (1 X 15 marks)
- a) Elaborate on biomechanics of traction and its therapeutic uses.
- b) Enlist and describe causes of restriction of joint movements
- Q 3 Long Answer Question (Answer any one out of two) (1 X 15 marks)
- a) Elaborate on the principles of muscle strengthening
- b) Elaborate the physiology of respiration
- Q 4 Short Answer Questions (Focused) (Answer any two out of three) (2 x 5 marks)
- a) Describe ranges of muscle work with examples
- b) Write about any two techniques of relaxation
- c) Define walking aid and enlist walking aids
- Q 5 Short Answer Questions (Applied) (Answer any two out of three) (2 x 5 marks)
- a) What is lurching gait and what are the causes of such gait. Explain
- b) Classify joint movements taking an example of glenohumeral joint.
- c) Explain two point crutch gait with diagram
- Q 6 Short Answer Case based question (Answer any two out of three) (2 x 5 marks)
- a) Explain the technique and use of diaphragmatic breathing exercise.
- b) Enlist the muscles to be strengthened in a person for using axillary crutches
- c) Explain hold-relax technique in proprioceptive neuromuscular facilitation
- Q 7 Objective Type (Selection / Supplied) (5 x 1 mark)
- a) Define sarcomere
- b) Define a concentric muscle contraction
- c) Define neuromuscular facilitation
- d) Define a coordinated movement
- e) What is grade 2 of muscle strength in MRC muscle strength grading
