

2019

Full Marks - 75

Time - As in the Programme

The figures in the right hand margin indicate marks.

Answer ALL questions.

Long essay questions. Answer any THREE questions. [15×3=45]

1. Define Hydrotherapy. Explain the indication, contraindication and precautions of hydrotherapy? Explain in detail aquatic temperature and its role in therapeutic exercises. [2+8+5=15]
2. Discuss traction under the following heading [6+4+5=15]
 - (a) Precautions, Indications and contraindication.
 - (b) Therapeutics effects of spinal traction.
 - (c) Procedure for mechanical lumbar traction.

3. Define PNF techniques. Describe the principles, types and techniques of PNF pattern in upper limb with appropriate diagrams. [2+4+4+5=15]
4. Define Gait. Discuss the phases of gait cycles in terms of muscle work and GRF. [2+7+6=15]
5. Write short notes on any THREE : [10×3=30]
 - (a) Factor affecting the mobility of the joint range of motion and technique of mobilization in knee joint.
 - (b) Discuss the general methods of relaxation.
 - (c) Type of breathing exercise. Explain diaphragmatic breathing exercises.
 - (d) Describe the various types of crutch gait.
 - (e) Describe the strengthening exercise for foot drop.

