

Abhinav Bindra Sports Medicine and Research Institute
BPT 1ST year 2ND Internal Exam
Exercise Therapy I
Date: 05.08.24

Time: 08:30 AM – 11:30 AM

F.M. – 80 Marks

ANSWER ANY THREE (15 X 3)

Long questions

1. Write down principles and types of anatomical levers with appropriate example of each type.
2. Write down the muscle work and therapeutic uses of kneeling fundamental position. Enumerate various derived positions of kneeling with appropriate use of diagram if necessary.
3. Explain classification therapeutic and physiological effects of massage. Explain various types of techniques of kneading massage.
4. Discuss factors of poor posture and their therapeutic management.
5. Describe resisted exercises. Explain in detail about the Oxford method of progressive resistance exercises training.
6. Explain in detail about complications of a thrust on multiple systems of the body. Explain in detail about physiotherapy methods to avoid these complications.

Short questions (5 x 6)

1. Explain equilibrium in detail.
2. Explain phases of gait in detail.
3. Importance of passive movement.
4. Types of muscle contractions.
5. Types of suspension therapy.
6. Explain the line of gravity with relation to the human body.

Objective type question (1 x 5)

1. Who gave the coordination exercises?
(A) Brian Mulligan
(B) Heinrich Frenkel
(C) Mc Gil
2. What kind of lever is found the most in the human body?
(A) 1st class
(B) 3rd class
(C) 2nd class
3. Where does the COG lie in the human body?
(A) Posterior to C7
(B) Anterior to T1
(C) Anterior to S2
4. Stabilization of the scapula is provided by the table on which the patient is
(A) Supine
(B) Prone
(C) Side lying
5. The Preferred most stabilized position of the human body is
(A) Supine
(B) Prone
(C) Side lying