

Abhinav Bindra Sports Medicine & Research Institute

BPT 1st year Internal Exam 2023

Therapeutics II

Time: 09 AM – 12 NOON

Date: 21-11-23

F.M. – 100

SECTION-A (EXERCISE THERAPY)

A. Answer any THREE long Questions: (10*3=30)

1. Write Down the techniques of Breathing Exercises.
2. What is muscle strength. How will you improve the muscle power from 1 of hamstring muscles to 4.
3. What is stretching ? Describe the process of passive stretching of hip flexors.
4. Define Hydrotherapy. Explain the indication, contraindication and precautions? Explain in details aquatic temperature and its role in therapeutic exercises.

B. Write short notes on any FOUR: (5*4=20)

1. Relaxation
2. Define Crutches and its types with indication
3. Progressive Resistive exercises.
4. Re-education of muscles.
5. Procedure for mechanical lumbar traction.

SECTION-B (ELECTRO THERAPY):

A. Answer any THREE long Questions: (10*3=30)

1. Discuss details about the production of SWD with neat circuit Diagram.
2. What is EMG. Describe about qualitative and quantitative. Describe about Normal EMG with Graphical representation.
3. Describe the indication, contraindication and dosimetry for LASER.
4. Explain the details about clinical evaluation of UV- A and B. How will you progress the next dosage.

B. Write short notes on any FOUR: (5*4=20)

1. Luminous and non-luminous IRR
2. Shearing wave in UST
3. HVPGS
4. Clinical Application of PSWD
5. Precautions, indication and contraindication of IFT