



Abhinav Bindra Sports Medicine and Research Institute
BPT 2ND Semester 1ST Internal Examination

Date: 11.07.2025

Subject: Exercise therapy II

Time: 9:00 AM – 12:00noon

F.M. – 80

A) LONG QUESTIONS – Answer any 3 (3 X 15)

1. Write down the re education and strengthening of hip abductor muscles from grade 0 to grade3
2. Define coordination of movement and principles of re-education of coordinated movements.
3. Define manual muscle testing along with principles and different types of grades.
4. Enumerate any three breathing exercise techniques with diagrams

B) SHORT QUESTIONS- Answer any 6 (6 X 5)

1. Indication and contraindications of hydrotherapy.
2. Physiological benefits of hydrotherapy
3. Frenkel' exercise
4. MMT of shoulder rotators for G2
5. MMT of ankles flexors for G2
6. Stretching of hamstring muscles
7. Precautions to be taken near the hydrotherapy pool.

C) OBJECTIVE TYPE QUESTION (1 x 5)

1. In aquatic physiotherapy, the principle of buoyancy is beneficial because:

- A) It increases joint compression during movement
- B) It reduces gravitational force on the body, decreasing joint stress
- C) It increases muscle stiffness in the water
- D) It prevents any movement in the water