

Registration Number

Course: BACHELOR OF PHYSIOTHERAPY

1<sup>st</sup> Semester Examination: 2025

SUBJECT NAME: Exercise therapy-1 [23ABP103]

Q. CODE: A271

Max Time: 3 Hours

Max Marks: 80

All Questions are Compulsory.

Illustrate answer with diagrams wherever relevant/required

The figures in the right-hand margin indicate marks.

Q1

Long Answer Question (Answer any one out of two)

(1 X 15 marks)

- a) Explain in details about classification of massage in physiotherapy along with specific use of each of them.
- b) Explain meaning of "active exercises". Explain their principles, importance, contraindications and indications.

Q2

Long Answer Question (Answer any one out of two)

(1 X 15 marks)

- a) Define resisted exercise. Explain in detail about its classification, techniques, advantages and disadvantages.
- b) Explain about various planes and their respective axes for motion of various joints in human body

Q3

Long Answer Question (Answer any one out of two)

(1 X 15 marks)

- a) Describe difference between fundamental and derived positions in physiotherapy.
- b) Write about principles, general procedure, uses, Physiological effects of passive movement

Q4

Short Answer Questions (Focused) (Answer any two out of three)

(2 X 5 marks)

- a) Enumerate all derived positions of "standing"
- b) Explain muscle work of "kneeling position"
- c) Explain the importance of the point of suspension in determining the type and degree of movement.

Q5

Short Answer Questions (Applied) (Answer any two out of three)

(2 X 5 marks)

- a) Optimum position of therapist for massage
- b) Precautions related to massage therapy
- c) Problems associated with prolonged bed rest

Q6)

**Short Answer Case Based Question (Answer any two out of three)**

**(2 X 5 marks)**

- a) Facial massage
- b) RM (repetition maximum) calculation to determine optimum resistance for training of elbow flexor strengthening
- c) Enumerate all components of suspension apparatus

Q7)

**Short Answer Problem Based Question (Answer any two out of three)**

**(5 X 1 marks)**

- a) What is the primary goal of suspension therapy in physiotherapy?
  - a) To increase muscle strength
  - b) To reduce joint stiffness and improve flexibility
  - c) To provide support and reduce the effects of gravity on the body
  - d) To improve cardiovascular endurance
- b) What is the primary purpose of resisted exercises in physiotherapy?
  - a) To improve cardiovascular endurance
  - b) To strengthen muscles and improve functional movement
  - c) To reduce inflammation in joints
  - d) To increase bone density
- c) Which of the following is NOT a typical benefit of massage therapy in physiotherapy?
  - a) Reduces muscle spasms
  - b) Improves joint mobility
  - c) Increases muscle strength directly
  - d) Enhances blood flow to tissues
- d) Fundamental positions in physiotherapy are primarily used for:
  - a) Therapeutic exercises
  - b) Diagnostic and assessment purposes
  - c) Increasing muscle strength
  - d) Providing resistance during exercises
- e) In resisted exercise, the term progressive overload refers to:
  - a) Increasing the weight of the resistance at a constant rate
  - b) Performing more repetitions or sets with the same resistance
  - c) Gradually increasing the resistance to challenge the muscles and stimulate growth
  - d) Decreasing rest intervals to improve cardiovascular endurance

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