



Abhinav Bindra Sports Medicine and Research Institute
BPT 1st Internal Examination for even semesters- July 2026

Date: 11/07/2026

Time: 09:00 AM-12:00 PM

Subject Code: 23ABP206

Subject: Exercise Therapy 2

F.M.: 80 marks

Question Code: E6

Long Questions- Answer Any 3 (3 X 15Marks)

1. Write down the physiological effects of Hydrotherapy.
2. Discuss any 3 breathing exercises techniques with neat diagram.
3. Explain the physical properties of water in details.
4. Define MMT. Write in detail about the grading of MMT (Oxford and MRC).

Short Questions- Answer Any 6 (6 X 5Marks)

5. Relaxation
6. Contraindications for Hydrotherapy
7. Chest Symmetry and Vocal Fremitus
8. Chest Deformities
9. Describe how to assess quadriceps muscle for grade 1-5 MMT.
10. Types of Ribs
11. Indications of Hydrotherapy

12. Objective type Questions- Answer all (5 X 1Mark)

- a. How many ribs are there?
- b. Buoyancy is a _____.
- c. Chief Inspiratory Muscle is _____.
- d. Quadriceps is a chief _____.
- e. Precautions for Hydrotherapy _____.