



Abhinav Bindra Sports Medicine and Research Institute
BPT 2nd Internal Examination February 2026

AW 22/04/2026

Date: 22/04/2026

Subject: Exercise Therapy (Draw a neat labelled diagram wherever necessary)

Time: 09:00 AM-12:00 PM

F.M.: 80 marks

Question Code-O3

Subject Code- 23ABP103

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

1. Explain in detail about the various positions derived by moving the legs?
2. Discuss Principles of giving relaxed passive movements? Effects and uses of relaxed passive movement?
3. Explain in details about spring and pulleys?
4. Explain the classification of movement in details?

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

5. Specific definition of accessory movement, Mobilisations of
6. Mechanical principles?
7. Axes and planes?
8. Discuss the difference between good and bad posture?
9. Effects and uses of assisted exercises?
10. Classification of Free exercises?
11. Discuss patient position for hip joint passive movement?

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

- a. What is LOG?
- b. What is force?
- c. What is Inertia?
- d. One example of 2nd order lever?
- e. What is elasticity?