

- (1) Adduction and Abduction movements take place in Sagittal Axis and Frontal Plane.
(a) True (b) False
(c) None of the above (d) Both
- (2) 1st order lever is for _____
(a) strength (b) power
(c) stability (d) all of the above
- (3) Muscle pull is strongest at _____ angle.
(a) 45° (b) 60°
(c) 90° (d) 120°
- (4) Muscles that help the prime movers are called _____.
(a) Agonists (b) Antagonists
(c) Synergists (d) All of the above
- (5) According to Oxford scale, grade III is _____
(a) Flicker contraction
(b) Movement in gravity eliminated position
(c) Movement against gravity
(d) None of the above
- (6) Muscle can be strengthened by altering the speed of movement.
(a) True (b) False
(c) Both (d) None of the above
- (7) In non weight bearing crutch walking patient stands with _____ base.
(a) Rectangular (b) Square
(c) Straight line (d) Triangular
- (8) _____ is per cussion manipulation.
(a) Kneading (b) Effleurage
(c) Stroking (d) Hacking
- (9) Kneel sitting is a derived position of _____
(a) Sitting (b) kneeling
(c) Both (d) None
- (10) _____ Massage Manipulation helps in increasing the ROM.
(a) Stroking (b) Kneading
(c) Percussions (d) Effleurage

SECTION - II

5 What is Massage ? Write in detail about the effects of Massage. 20

OR

5 Write in detail about the Massage Manipulations that helps in Clearing Airways. 20

6 Write short notes on : (any two) 10

- (a) Reflex Arc
- (b) Scoliosis
- (c) Shadow walking

7 Answer in brief : (any five) 10

- (a) Vicarious Movements
- (b) Stroking
- (c) Mechanical Advantage
- (d) Various Resistances
- (e) Derived positions of Standing
- (f) Causes of Restriction of joint ROM.

8 Multiple Choice Answers : 10

- (1) _____ Massage manipulation is used in case of insomnia.
- (a) Pressure
 - (b) Friction
 - (c) Stroking
 - (d) Kneading
- (2) Tapping is a type of _____ manipulation.
- (a) Stroking
 - (b) Pressure
 - (c) Percussions
 - (d) All of the above
- (3) CMC joint of thumb is a _____ joint.
- (a) Ball and Socket
 - (b) Hinge
 - (c) Pivot
 - (d) Saddle
- (4) Reflex movements are _____.
- (a) voluntary
 - (b) involuntary
 - (c) passive
 - (d) None of the above

- (5) Flexors of the elbow are strongest in _____ range.
(a) outer (b) inner
(c) middle (d) all of the above
- (6) _____ movements are basis of postural re-education.
(a) Accessory (b) Passive
(c) Reflex (d) Voluntary
- (7) Tension in the opposite group of muscle limit _____
(a) joint movements (b) muscle strength
(c) Both (d) None of the above
- (8) In straight leg raising, quadriceps work _____
(a) isotonicly (b) isometricly
(c) both (d) none
- (9) Lateral Pelvic Tilt occurs due to :
(a) Weakness of quads
(b) Weakness of gluteii
(c) Weakness of hamstings
(d) All of the above
- (10) Walking aid is always taken on _____ side.
(a) affected (b) non affected
(c) either or (d) never be taken
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