



MY-7796

Seat No. _____

First Year B. Physiotherapy Examination

January - 2018

Exercise Therapy - I

Time : **3 Hours**]

[Total Marks : **100**

SECTION - I

- 1** Long answer questions : [2 out of 3] **2×10=20**
- (1) Explain different types of Breathing exercise. Write down the indications and contraindication of the same.
 - (2) Define and classify passive movement. write down the principles and effect and uses of passive movement.
 - (3) What are the fundamental starting positions ? Discuss the derived position of standing with their uses.
- 2** Write short notes : [2 out of 3] **2×5=10**
- (1) Advantages and disadvantages of group exercise
 - (2) Explain therapeutic uses of massage
 - (3) Explain Pelvic tilt.
- 3** Short answer questions : [5 out of 6] **5×2=10**
- (1) Explain axis and planes with examples.
 - (2) Define force and explain types of force.
 - (3) Explain types of muscle work.
 - (4) Explain home exercise.
 - (5) Angle of pull.
 - (6) Explain principles of suspension therapy.

4 Multiple choice questions :

10×1=10

- (1) _____ techniques is known as technique of thousand hands.
 - (a) Hacking
 - (b) Clapping
 - (c) Superficial stroking
 - (d) Friction
- (2) Chief muscle which produces the effective movement is known as -
 - (a) Agonist
 - (b) Synergist
 - (c) Antagonist
 - (d) Fixators
- (3) Angel of pull is most efficient at which angle ?
 - (a) Less than 90°
 - (b) More than 90°
 - (c) At 90°
 - (d) All of above
- (4) Base of support is maximum in which position ?
 - (a) Standing
 - (b) Sitting
 - (c) Kneeling
 - (d) Supine
- (5) Which massage is use for secretion removal in lungs ?
 - (a) Kneading
 - (b) Friction
 - (c) Vibration
 - (d) Stroking
- (6) Normal range of motion for elbow flexion is
 - (a) 140°
 - (b) 100°
 - (c) 60°
 - (d) 90°
- (7) Muscle is most efficient in which range ?
 - (a) Outer part of middle range
 - (b) Outer range
 - (c) Inner range
 - (d) Inner part of middle range
- (8) Second order lever is the lever of _____.
 - (a) Stability
 - (b) Instability
 - (c) Speed
 - (d) Power
- (9) In which of the fundamental starting position COG is higher ?
 - (a) Lying
 - (b) Sitting
 - (c) Kneeling
 - (d) Standing
- (10) Anterior pelvic tilt is produce by
 - (a) Hip extensors and abdominals
 - (b) Hip flexors and Lumbar extensors
 - (c) Hip adductors and Trunk side flexors
 - (d) None of the above

SECTION - II

- 1** Long answer questions : [2 out of 3] **2×10=20**
- (1) Define massage and classification of massage. Explain physiological effects of massage.
 - (2) Define goniometer, types of goniometer. Explain measurement of shoulder range of motion.
 - (3) Define Posture, explain types of posture. Write in detail about the factors affecting posture.
- 2** Short notes : [2 out of 3] **2×5=10**
- (1) Explain LLD
 - (2) Explain Kneading manipulation
 - (3) Explain Free Exercises.
- 3** Short answers questions : [5 out of 6] **2×5=10**
- (1) Uses of Mat Exercises.
 - (2) Explain Pulley and its types.
 - (3) Explain Shoulder wheel exercises.
 - (4) Types of Levers.
 - (5) End-feel
 - (6) Define Shadow walking.
- 4** Multiple choice questions : **10×1=10**
- (1) Axillary crutch can lead to injury to which nerve.
(a) Median nerve (b) Radial nerve
(c) Axillary nerve (d) None of above
 - (2) End-feel of Elbow extension is -
(a) Soft (b) Firm
(c) Hard (d) All of above
 - (3) Four foot position is -
(a) Kneeling (b) Prone kneeling
(c) Half Kneeling (d) Prone Lying
 - (4) Vertical suspension is used for _____.
(a) Relaxation (b) Strengthening
(c) Support (d) To increase muscle power

- (5) Free exercises are being done by
- (a) Subject himself (b) Physiotherapist
(c) Gravity (d) All of above
- (6) The use of progressive resisted exercise was first prescribed by
- (a) De Lorme (b) Hook
(c) Mac Queen (d) Oxford
- (7) During passive movement the proximal joint to the joint to be moved is fixed to prevent _____.
- (a) Traction (b) Trick movement
(c) Active movement (d) sequence
- (8) _____ is the grooved wheel, which moves around axis and the rope passing through the groove.
- (a) Pulley (b) Lever
(c) Screw (d) Wedge
- (9) Flexion and Extension movement occurs in _____ plane.
- (a) Frontal plane (b) Sagittal plane
(c) Horizontal plane (d) Transverse plane
- (10) Gutter crutches are used for patients of _____.
- (a) Osteoarthritis (b) Rheumatoid arthritis
(c) Elderly (d) None of above
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