



**PU-7796**

Seat No. \_\_\_\_\_

**First Year Bachelor of Physiotherapy Examination**

**July - 2018**

**Exercise Therapy - I**

Time : 3 Hours]

[Total Marks : 100

**SECTION - I**

**1 Long Answer (Any two) 2×10=20**

- (a) Define suspension therapy. What are the types of suspension? Write in detail about methods of hip joint Abduction and adduction.
- (b) Define posture. Factors affecting posture. Write about good posture and bad posture.
- (c) Define breathing exercise. Explain in detail about diaphragmatic breathing exercise.

**2 Short Answer : (any two) 2×5=10**

- (a) Glossopharyngeal breathing exercise.
- (b) Principles of passive movement.
- (c) Derived positions of standing

**3 Very Short Answer : (any five) 5×2=10**

- (a) Axes and planes.
- (b) Home exercise.
- (c) Advantages of free exercise.
- (d) Active and passive insufficiency.
- (e) Synergist Vs. fixators muscles.
- (f) Single fixed pulley.

4 Multiple choice questions : (MCQ)

10×01=10

- (1) Gutter crutches are indicated in \_\_\_\_\_
  - (a) Osteoarthritis
  - (b) Rheumatoid arthritis
  - (c) Gouty arthritis
  - (d) Spondyloarthritis.
- (2) Average number of members in a group exercise session.
  - (a) 2
  - (b) 8
  - (c) 50
  - (d) 1000
- (3) Normal range of motion of elbow flexion is
  - (a) 50 degrees
  - (b) 70 degrees
  - (c) 100 degrees
  - (d) 140 degrees
- (4) Pump handle movements increase \_\_\_\_\_ diameter of thorax.
  - (a) Vertical
  - (b) Lateral
  - (c) Antero-posterior
  - (d) Oblique
- (5) Third order lever is a lever of
  - (a) Power
  - (b) Velocity
  - (c) Effort
  - (d) Equilibrium
- (6) Shadow walking is an example of
  - (a) Non-weight bearing walking
  - (b) Partial weight bearing walking
  - (c) Full weight bearing walking
  - (d) Total weight bearing walking
- (7) \_\_\_\_\_ is percussive manipulation.
  - (a) Kneading
  - (b) Efflurage
  - (c) Stroking
  - (d) Hacking
- (8) In human body in erect standing position center of gravity is located at \_\_\_\_\_
  - (a) 5<sup>th</sup> lumbar vertebra
  - (b) 1<sup>st</sup> sacral vertebra
  - (c) 2<sup>nd</sup> sacral vertebra
  - (d) 3<sup>rd</sup> sacral vertebra
- (9) Shoulder abduction by deltoid muscle is an example of \_\_\_\_\_ order lever.
  - (a) First
  - (b) Second
  - (c) Third
  - (d) Fourth
- (10) Which of the following is not a cause of restriction of active ROM?
  - (a) Severe muscle weakness
  - (b) Swelling
  - (c) Myositis ossificans
  - (d) Depression

## SECTION - II

- 5 Long Answer : (Any two) 2×10=20**
- (a) Define massage. Write in detail about physiological and therapeutic effects of massage.
  - (b) Define gait. Explain precrouch training and mon weight bearing gait pattern.
  - (c) Define goniometry. Types and parts of goniometer. Explain the measurement technique of shoulder internal and external rotation movements.
- 6 Short Answer : (any two) 2×5=10**
- (a) Explain the types of pelvic tilt with appropriate diagrams.
  - (b) PRE.
  - (c) Trick movements.
- 7 Very Short Answer : (any five) 5×2=10**
- (a) Tepotment
  - (b) Types of walker
  - (c) Frenkle's exercise
  - (d) Normal range of motion of talocrural joint
  - (e) Angle of pull.
  - (f) Shoulder wheel.
- 8 Multiple choice questions : (MCQ) 10×1=10**
- (1) Knee is an example of \_\_\_\_\_ joint.
    - (a) Saddle
    - (b) Hinge
    - (c) Ball and socket
    - (d) Modified Hinge
  - (2) Efflurage is a type of \_\_\_\_\_ Manipulation
    - (a) Percussion
    - (b) Pressure
    - (c) None
    - (d) Stroking

- (3) Flexors of elbow are strongest in \_\_\_\_\_ range.
- (a) Outer (b) Middle  
(c) Inner (d) All of the above
- (4) Lateral pelvic tilt occurs due to :
- (a) Weakness of quads  
(b) Weakness of gluteii  
(c) Weakness of hamstrings  
(d) All of the above
- (5) Following are the types of goniometer except \_\_\_\_ .
- (a) Bubble goniometer  
(b) Inclinator  
(c) Universal goniometer  
(d) Protractor
- (6) Which of the following is not an indication of massage?
- (a) Scar (b) Swelling  
(c) Spasm (d) Severe Osteoporosis
- (7) \_\_\_\_\_ movements are basis of postural reeducation.
- (a) Accessory (b) Reflex  
(c) Voluntary (d) Passive
- (8) Following is not a type of suspension \_\_\_\_\_
- (a) axial (b) pendular  
(c) vertical (d) coronal
- (9) Cane is used for \_\_\_\_\_
- (a) Non weight bearing (b) Partial weight bearing  
(c) Shadow walking (d) Full weight bearing
- (10) \_\_\_\_\_ is absolute indication for passive movement.
- (a) Early Burns (b) Edematous limb  
(c) Recent fractures (d) Malignant tumor