



PU-0201854

Seat No. _____

First Year B. P. T. Examination

July - 2018

Exercise Therapy I & Massage

(New Course)

Time : **3 Hours]**

[Total Marks : **80**

- Instructions :** (1) All questions are compulsory.
(2) Figures to the right indicate marks.
(3) Diagrams shall be appreciated.

SECTION – I

- 1** What is Suspension Therapy ? Explain in detail about various suspensions and their effects and uses. **10**
- 2** Write short notes : (any **3**) **15**
- (1) Facial massage
 - (2) Mat activities and rehabilitation
 - (3) End feels
 - (4) Types of muscle work (Contraction).
- 3** Answer in brief : (any **5**) **15**
- (a) Derived positions of kneeling
 - (b) Home exercises
 - (c) Anatomical pulleys
 - (d) Axillary crutches
 - (e) Delorme's regime
 - (f) Tenting.

SECTION – II

- 4 Write in detail about Petrissage Manipulation. **10**
- 5 Write short notes on : (any 3) **15**
- (1) Limb length discrepancy measurement.
 - (2) Causes of restriction of joint range of motion.
 - (3) Posture
 - (4) Diaphragmatic breathing.
- 6 Answer in brief : (any 5) **15**
- (a) Shaking manipulation
 - (b) Types (classify) of movements
 - (c) Classify Joints
 - (d) Sequence of massage for upper limb
 - (e) Angle of pull
 - (f) Tredelenburg's gait.
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