



**RH-0201854**

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

**First Year B. P. T. Examination**

February - 2019

**Exercise Therapy-1 & Massage Manipulation**

Time : Hours]

[Total Marks : 80

**SECTION-I**

- 1 Long answers : (any 1 out of 2) 1×10=10**
- a. What are the different types of Suspension ? What are the basic principles for the measurement of joint range of motion with goniometer ?
  - b. Explain different phases of gait cycle. Write a note on trick movements.
- 2 Short answers : (any 2 out of 3 ) 3×5=15**
- a. Explain any 5 physiological effects of exercise in short.
  - b. Write a note on pelvic tilt
  - c. Describe the technique and uses of pursed lip breathing.
  - d. Describe the classification of movement in brief.
- 3 Very short answers : (any 5 out of 6) 5×3=15**
- a. Write the names of different type of petrissage
  - b. Measurement of true limb length
  - c. Measurement of axillary crutch
  - d. Any two disadvantage of group exercise
  - e. Write any four contraindication for massage manipulation
  - f. Name and draw figures for any 2 starting positions derived from sitting.

## SECTION-II

- 4 Long answers : (any 1 out of 2) **1×10=10**
- a. Discuss the technique and use of friction massage. Distinguish between muscle and capsular contracture.
  - b. Describe the classification of free exercise. Write any 4 pharmacological effects of exercise.
- 5 Short answers : (any 2 out of 3) **3×5=15**
- a. What are different types of resisted exercises ?
  - b. Write a note on advantages and disadvantages of relaxed passive movement.
  - c. Write atleast one use of each of the following equipment : vestibular ball, medicine ball, theraband, pulley, finger ladder.
  - d. Describe the soft tissue manipulation techniques used to relieve oedema.
- 6 Very short answers : (any 5 out of 6) **5×3=15**
- a. Pump handle movement of ribcage
  - b. 3 point gait
  - c. Sequence of facial massage
  - d. What is the normal joint ROM for hip ?
  - e. Name the primary and accessory inspiratory muscles.
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