



RH-7796

Seat No. _____

First Year B. Physiotherapy Examination

February - 2019

Exercise Therapy - 1 & Massage

Time : 3 Hours]

[Total Marks : 100

- Instructions :** (1) Write Legibly and to the Point.
(2) Draw Diagrams Wherever Necessary.

SECTION - I

- 1 Long answers questions : (2 Out of 3) 20**
- (1) What are the fundamental starting positions? Discuss the derived positions of lying with their uses.
 - (2) Describe various walking aids in detail and its uses.
 - (3) Define passive movement. Mention types and explain technique of relaxed passive movements with its uses and effects.
- 2 Shorts note : (2 out of 3) 10**
- (1) Classify movements and Discuss free Exercises.
 - (2) Explain third order lever.
 - (3) Explain end Feels.
- 3 Short answer questions : (5 out of 6) 10**
- (1) Define trick movements.
 - (2) 10 RM and 1 RM.
 - (3) Types of Muscle work.
 - (4) Group Exercise
 - (5) Angle of Pull
 - (6) Pelvic Tilt.

4 Multiple Choice Questions :

10

- (1) The Muscle work where there is no movement or no work done is Called _____
(A) Isotonic Contraction (B) Isometric Contraction
(C) Both of the above (D) None of the above
- (2) Stability and Equilibrium are maintained and dependent on _____
(A) Center of Gravity (B) Base of Support
(C) Both (D) None
- (3) Strength of a muscle can be measured by _____
(A) Goniometer (B) Inch tape
(C) Knee hammer (D) None of the above
- (4) Normal Rom of Knee Extension is _____
(A) 90 (B) 120
(C) 0 (D) None of the above
- (5) Anterior pelvic tilt is produced by :
(A) Hip extensor and abdominals
(B) Hip flexors, lumbar extensor
(C) Hip abductor, trunk side flexor
(D) None of the above
- (6) To suspend the lower limb for flexion extension of knee joint the positions of the patient is _____
(A) Supine lying (B) Side lying
(C) High sitting (D) Prone lying
- (7) Reflex Movements are _____ movements.
(A) Voluntary (B) Involuntary
(C) Passive (D) None of the above
- (8) During upright standing positions the center of gravity lies approximately at
(A) L4 (B) L5
(C) S2 (D) S4
- (9) End feel of Knee flexion is _____
(A) Soft (B) Firm
(C) Hard (D) None of the above
- (10) Limb length Discrepancy can be _____
(A) True (B) Apparent
(C) Both (A) and (B) (D) None of the above

SECTION - II

- 5** Long answer questions : (2 out of 3) **20**
- (1) Define and Classify massage. Write about physiological effect of massage.
 - (2) Define suspension therapy. Discuss different types of suspension. Explain the procedure for suspension of knee joint flexion and extension.
 - (3) What is goniometry? Write the aims and objective of goniometry ? How will you measure supination range at radio ulnar joint ?
- 6** Short notes : (2 out of 3) **10**
- (1) Explain in detail about kneading massage technique.
 - (2) Frenkel's exercise
 - (3) Indication and contraindication of massage.
- 7** Short answer questions : (5 out of 6) **10**
- (1) PRE (Progressive Resisted Exercise)
 - (2) Define Strength and Endurance.
 - (3) Free Exercise.
 - (4) Importance of mat exercise.
 - (5) Define Axes and Planes.
 - (6) Types of posture.
- 8** Multiple Choice Questions : **10**
- (1) _____ is an absolute contra-indication of the massage.
(A) Acute inflammation (B) Spasm
(C) Pain (D) Relaxation
 - (2) _____ is a basic and fundamental starting position.
(A) Halt kneeling (B) Kneel sitting
(C) Kneeling (D) Cross sitting

- (3) Flexion and Extension movements occur in _____ plane
(A) Sagittal (B) Transverse
(C) Vertical (D) Horizontal
- (4) Suspension therapy is a type of _____ Exercise
(A) Active (B) Active assisted
(C) Passive (D) All of the above
- (5) _____ Technique is known as "Technique of thousand hands"
(A) Hacking (B) Kneading
(C) Superficial stroking (D) Clapping
- (6) _____ is the prime muscle for inspiration.
(A) Abdominals (B) Scalene
(C) Trapezius (D) Diaphragm
- (7) Knee is an example of _____ joint
(A) Saddle (B) Hinge
(C) Ball and Socket (D) None of the above
- (8) In knee Extension, which acts as antagonists ?
(A) Quadriceps (B) Tibialis anterior
(C) Calf muscle (D) Hamstrings
- (9) What is positions of the patient for passive movements of head and neck.
(A) Sitting (B) Supine
(C) Side lying (D) Standing
- (10) Frenkel's Exercise is used for _____
(A) Coordination and stability
(B) Endurance
(C) Coordination
(D) Power
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