



J-M201918

Seat No. _____

Second Year B. Physiotherapy Examination

July – 2019

Exercise Therapy-II

Time : 3 Hours]

[Total Marks : 80

- Instructions :** (1) Write legibly
(2) Write to the point
(3) Draw the diagrams wherever necessary
(4) Each section should be written in separate main answer books

SECTION - I

- 1 Long Answer : (Any One out of Two) 10**
(1) Define Mobilization. Describe Indications of Mobilization. Write in detail about Mobilization Of Glenohumeral joint.
(2) Define Posture. Explain any two abnormal Postures of spine.
- 2 Short Answer : (Any Three out of Four) 15**
(1) Explain principles of Aerobic exercises
(2) Define traction. Explain different types of tractions.
(3) State the principles of PNF.
(4) Effects and uses of Passive movements
- 3 Very Short Answer : (Any Five out of Six) 15**
(1) Badragaz technique
(2) Continuous Passive Movement unit
(3) Types of Relaxation technique
(4) Grades of Maitland mobilization
(5) Oxford scale of Muscle gradation
(6) Causes of restriction of range of motion

SECTION - II

- 4 Long Answer : (Any **One** out of Two) **10**
- (1) Define Breathing exercises. Write in detail about Diaphragmatic and Pursed lip breathing exercises
 - (2) Define Strength, Power and Endurance. Write down different principles of strengthening exercises.
- 5 Short Answer : (Any **Three** out of Four) **15**
- (1) Types of stretching
 - (2) Principles of MMT
 - (3) Write about principles and technique of Frenkel's exercises
 - (4) Explain activities on mat.
- 6 Very Short Answer : (Any **Five** out of Six) **15**
- (1) Functional re-education
 - (2) Contraindications of mobilization
 - (3) DAPRE
 - (4) Concavo-convex rule
 - (5) PNF patterns of upper limb
 - (6) Hold relax.
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