



BA-M201921

Seat No. _____

First Year B. P. T. Examination

March - 2021

Exercise Therapy - 1

(New Course)

Time : **3.00** Hours]

[Total Marks : **80**

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

SECTION - I

- 1** Long notes : (any **one**) **10**
- (1) Write down classification of movements. Write in detail about effects, uses and principles of passive movements.
(2) Define suspension. Write in detail about various types of suspensions. Explain the procedure for suspension of shoulder abduction - adduction.
- 2** Short notes : (any **three**) **3×5=15**
- (1) Explain axis and plane.
(2) Measurement of Axillary crutch.
(3) Explain types of muscle work.
(4) End feels.
- 3** Answer in brief : (any **five**) **5×3=15**
- (1) Tenting
(2) Home exercise
(3) Facial massage
(4) Anatomical pulleys
(5) Types of force
(6) Angle of pull

SECTION - II

- 4 Long notes : (any one) 10
- (1) Write about breathing mechanism. Explain in detail about segmental breathing exercise.
 - (2) Write in detail about petrissage manipulation.
- 5 Short notes : (any three) 3×5=15
- (1) Gait
 - (2) Write different types of resisted exercise ?
 - (3) Types of Goniometer. Measurement technique for knee flexion - extension.
 - (4) Explain LLD.
- 6 Answer in brief : (any five) 5×3=15
- (1) Group exercise
 - (2) Shadow walking
 - (3) Delrome shoe
 - (4) Diaphragmatic breathing
 - (5) Parallel bar
 - (6) COG, LOG, BOS.
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