



DCM-9006

Seat No. _____

Second Year B. Physiotherapy Examination

July - 2022

Exercise Therapy - II
(Old Course)

Time : 3 Hours]

[Total Marks : 100

SECTION - I

- 1 Long Essay : (Any two) 2×10=20**
- (1) What is PNF? Explain basic principles of PNF. Write in detail about D2 flexion technique.
 - (2) Enumerate various breathing exercises. Discuss in detail about diaphragmatic and Pursed lip exercises with appropriate diagrams.
 - (3) Define mobilization. Write down the different grades, indications and contraindications of mobilization. How will you improve shoulder abduction with mobilization.
- 2 Short essay : (any two) 2×5=10**
- (1) Describe various types of contracture.
 - (2) Isokinetic regime for muscle strengthening.
 - (3) Active inhibition techniques of stretching.
- 3 Very short essay : (any five) 5×2=10**
- (1) Indications and contraindications of lumbar traction
 - (2) Rhythmic initiation.
 - (3) Q-Angle
 - (4) DAPRE method.
 - (5) Define posture. Factors influencing posture.
 - (6) Therapeutic use of aerobic exercises.

- 4 Multiple choice question (MCQ) : 10×1=10
- (1) Low repetitions high resistance exercise is used to improve muscle _____.
 - (a) Strength
 - (b) Endurance
 - (c) Volume
 - (d) Coordination
 - (2) Delayed onset of muscle soreness peaks at _____.
 - (a) 1-2 days
 - (b) 2-3 days
 - (c) 1 week
 - (d) 2 weeks
 - (3) Medial epicondylitis is known as _____.
 - (a) Golfers elbow
 - (b) Tennis elbow
 - (c) Swimmers elbow
 - (d) Bowlers elbow
 - (4) Scoliosis is abnormality of
 - (a) Knee
 - (b) Elbow
 - (c) Fingers
 - (d) Spine
 - (5) Active inhibition techniques are not effective for :
 - (a) Muscle weakness
 - (b) Spasticity
 - (c) Paralysis from neuromuscular dysfunction
 - (d) All of the above
 - (6) Good posture _____.
 - (a) Saves energy
 - (b) Looks aesthetically good
 - (c) Prevents musculoskeletal complications
 - (d) All of the above
 - (7) ATP-PC is the
 - (a) Immediate source of energy
 - (b) Short term source of energy
 - (c) Long term source of energy
 - (d) None of the above
 - (8) _____ is the functional capacity of the joints to move through a full range of movement.
 - (a) Flexibility
 - (b) Endurance
 - (c) Strength
 - (d) Agility
 - (9) To test Left side gluteus medius and minimus in grade 3, subject should lie on _____.
 - (a) Right side lying
 - (b) Left side lying
 - (c) Supine
 - (d) Prone
 - (10) An example of PNF technique is.....
 - (a) Rhythmic stabilization
 - (b) Alexander technique
 - (c) Oxford technique
 - (d) All of above

SECTION - II

- 5** Long Essay : (Any two) **2×10=20**
- (a) Write down the static & dynamic stabilization of Shoulder joint.
 - (b) Write in detail about structural and functional classification of joint.
 - (c) Enumerate various structures responsible for stability & mobility of knee joint. Describe in detail about screw home phenomena in knee joint.
- 6** Short essay : (Any two) **2×5=10**
- (1) Types of prehension.
 - (2) Structure & function of intervertebral disc.
 - (3) Discuss osteokinematic and arthrokinematic of ankle joint
- 7** Very short essay : (any five) **5×2=10**
- (1) Anatomical pulley.
 - (2) Carrying angle of the elbow
 - (3) Quadriceps lag.
 - (4) Stress and strain curve
 - (5) Planter arches
 - (6) Sliding filament theory.
- 8** Multiple choice question : (MCQ) : **10×1=10**
- (1) What is endurance?
 - (a) Low repetitions, high resistance
 - (b) High repetitions, low resistance
 - (c) High repetitions, high resistance
 - (d) None of above
 - (2) Following has a bony end feel.
 - (a) Knee extension
 - (b) Elbow extension
 - (c) Ankle dorsiflexion
 - (d) Forearm supination
 - (3) Inversion & eversion occurs at _____ joint.
 - (a) Ankle joint
 - (b) Subtalar joint
 - (c) Midtarsal joint
 - (d) Tibio-fibular joint

- (4) TMJ involves in
(a) Chewing (c) Swallowing
(b) Talking (d) All of the above
- (5) Winging of the scapula is due to weakness of...
(a) Serratus Anterior (c) Deltoid
(b) Sternocleido Mastoid (d) Rhomboids
- (6) Arthrokinematic refer to the movement of
(a) Menisci (c) Joint surfaces
(b) Disc (d) Bones
- (7) The upward movement inside the water is assisted by
(a) Gravity (c) Hydrorostatic pressure
(b) Buoyancy (d) Water current
- (8) Locking of the knee joint is done by
(a) Vastus medialis obliques
(b) Hamstring
(c) Popliteus
(d) None of above
- (9) Anterior pelvic tilt cause _____.
(a) Decrease in lumbar lordosis
(b) Increase in lumbar lordosis
(c) No change
(d) All of above
- (10) Joint mobilization is indicated in _____.
(a) Joint stiffness (c) Spasm
(b) Pain (d) All of above
-