



DCM-M201918

Seat No. _____

Second Year B. Physiotherapy Examination

July - 2022

Exercise Therapy - II & Kinesiology

(New Course)

Time : 3 Hours]

[Total Marks : 80

SECTION - I

- 1 Long Essay : (Anyone) 1×10=10**
1. Define manual muscle testing. Explain its principles.
 2. Write principles of strengthening. Discuss various types of strengthening exercises.
- 2 Short essay : (Any three) 3×5=15**
1. Describe various types of stretching.
 2. Maitland & kaltanborn grades of mobilization.
 3. Define posture, factors affecting posture. Explain postural deviations of spine and its treatment.
 4. Indication, precautions and termination criteria for exercise stress testing.
- 3 Very short essay : (Any five) 5×3=15**
1. Types of contracture
 2. Enumerate the various principles of hydrotherapy.
 3. Principles of Frenkel's exercise.
 4. Continuous passive movement
 5. Muscle work for squatting.
 6. Define Vo₂max.

SECTION - II

- 4 Long essay : (any one) 1×10=10**
1. Enumerate Rotator cuff muscles and describe scapula humeral rhythm.
 2. Biomechanics of respiration.

- 5** Short essay : (any three) **3×5=15**
1. Difference between closed and open kinematic chain exercise. Give any two examples for each.
 2. Static and dynamic stabilization of shoulder joint.
 3. Length-tension and force-velocity relationship
 4. Biomechanics of overhead activities.
- 6** Very short essay : (any five) **5×3=15**
1. Active and passive insufficiency with examples
 2. Impetus
 3. Q angle
 4. Determinants of gait
 5. Metatarsal brake
 6. Ligaments of knee joint.
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