

Rajiv Gandhi University of Health Sciences, Karnataka
II Year B.P.T Degree Examination – 16-Dec-2022

Time: Three Hours

Max. Marks: 100 Marks

EXERCISE THERAPY (RS5)

Q.P. CODE: 2740

Your answers should be specific to the questions asked
Draw neat, labeled diagrams wherever necessary.

LONG ESSAYS (Second Question Choice)

2 x 10 = 20 Marks

1. Principles of Proprioceptive neuromuscular facilitation.
2. Explain the Neurophysiology of balance.

OR

Describe classification of active movements. Write in brief about type of active movement.

SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. Describe principles of hydrotherapy.

OR

Explain Frenkels exercises.

4. Explain static and dynamic muscles testing.
5. Types of walking aids with advantages and disadvantages of any one.
6. Define anthropometry and explain technique of measurement of girth for arm and forearm.
7. Explain derived position from sitting.
8. Effects and uses of passive movements.
9. Define posture and analysis of posture in frontal plane.
10. What are resisted exercises? Explain differences between open and closed kinematic exercises.
11. Progressive resisted exercises.
12. Describe different methods of relaxation.

OR

Explain Neurophysiology of stretching.

SHORT ANSWERS

10 x 3 = 30 Marks

13. What is Effleurage?
14. Name any four endurance tests.
15. What are the merits hydrotherapy?
16. Mention the uses of passive movements.
17. Define Romberg's test.
18. What is inactive posture?
19. Define endurance.
20. Define buoyancy.
21. What is hold-relax technique?
22. What are the benefits of using suspension therapy?
