

Rajiv Gandhi University of Health Sciences, Karnataka

II Year B.P.T Degree Examination – 27-Nov-2023



Time: Three Hours

Max. Marks: 100

**Acharya's NR Institute of
Physiotherapy Library**

EXERCISE THERAPY (RS-5) 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. List the fundamental positions. Write in detail on muscle work in standing position.
2. Define joint mobilization. Explain the principles of joint mobilization and mobilization technique for shoulder joint.

OR

Define Co-ordination. Principles of co-ordination exercise. Test for co-ordination.

SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. Explain the physiology of balance.

OR

What are the physiological changes taking place with aerobic training.

4. Define balance. Write about the types of balance retraining.
5. Define muscle re-education. List out the indications of re-education of muscles.
6. Explain the physical properties of water helps in the working of hydrotherapy.
7. Compare Delormes and oxford regimens of progressive resisted exercise.
8. Principles of relaxation.
9. Contract relax/Hold relax.
10. Define posture. Explain how the equilibrium of posture is maintained.
11. Explain principles, indications and contraindications of massage techniques.
12. Effect of therapeutic exercise.

OR

Muscle work in squatting position.

SHORT ANSWERS

10 x 3 = 30 Marks

13. Principles of passive movement.
14. SAID principles.
15. Pulleys and its types.
16. Factors influencing equilibrium.
17. Components of PNF.
18. Mulligan concept.
19. All or none law.
20. Double joint muscle.
21. Close kinematic chain exercise.
22. Physiological changes to muscle stretch.
