

Rajiv Gandhi University of Health Sciences, Karnataka
II Year B.P.T Degree Examination – 23-May-2025

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. Define massage. Classify massage with indication and contraindications.
2. Explain the tests of co-ordination. Describe the frenkles exercise program for lower limbs in co-ordination.

OR

List the types of posture. Explain the principles of postural re-education.

SHORT ESSAYS (Question No 3 & 12 choice)

10 x 5 = 50 Marks

3. Write a note on grades of mobilization.

OR

Describe the testing and stretching for quadriceps tightness.

4. Explain the procedure of measurement for an axillary crutch.
5. Define suspension therapy. Explain the types suspension.
6. Explain the measurement method for true length.
7. Explain the method of doing effleurage.
8. Describe any two techniques of Pranayama.
9. Describe the elements in an asana.
10. Explain with a diagram vertical suspension for knee joint.
11. Describe the MMT grading for deltoid muscle from grade 2 – grade 5.
12. Give the principles of hydrotherapy.

OR

Explain the principles of PNF technique.

SHORT ANSWERS

10 x 3 = 30 Marks

13. Define free exercises.
14. Define recruitment of motor units.
15. Uses of parallel bars.
16. What is closed chain exercise?
17. Define endurance.
18. Describe hold relax technique.
19. Advantages of PNF exercise.
20. Uses of practicing yoga.
21. Uses of open chain exercise.
22. Why do we measure muscle girth?
