

B. E .

Total number of printed pages-8

34 (2) EXTH 2.3

2017

EXERCISE THERAPY

Full Marks : 100

Time : Three hours

The figures in the margin indicate full marks for the questions.

1. Multiple choice questions : (Answer **all**)
1×20=20
 - (A) Ankle DF/PF takes place in
 - (a) Saggital Plane
 - (b) Frontal Plane
 - (c) Transverse Plane
 - (d) Coronal Plane
 - (B) Frenkel's Exercise is used to improve co-ordination in
 - (a) Cerebellar Lesion
 - (b) Loss of Kinesthetic sense
 - (c) Spastic Paralysis
 - (d) Flaccid Paralysis

Contd.

(C) The end feel of loose body inside the joint is

- (a) Glastic
- (b) Hard
- (c) Leathery
- (d) Springy rebound

(D) Thomas Test is used for

- (a) TFL
- (b) ITB
- (c) Iliopsoas
- (d) Rectus Femoris

(E) Ober's Test is used for

- (a) Iliopsoas
- (b) IT band
- (c) Hamstrings
- (d) Gastro-Soleus

(F) The upward movement inside the water is

- (a) Gravity
- (b) Buoyancy
- (c) Hydrostatic pressure
- (d) Water current

(G) The danger of prolonged hydrotherapy is

- (a) Fatigue
- (b) Water and Electrolyte loss
- (c) Rise in body temp.
- (d) All the above

(H) Muscle is most efficient in

- (a) Outer
- (b) Middle
- (c) Inner
- (d) All

(I) Nodding movement of head is an example of

- (a) 1st
- (b) 2nd
- (c) 3rd
- (d) 4th

(J) _____ order lever is lever of power

- (a) 1st
- (b) 2nd
- (c) 3rd
- (d) All

- (K) Joint mobilization is contra indicated in
 - (a) Soft Tissue Tightness
 - (b) Joint Stiffness
 - (c) Loose body inside the joint
 - (d) Bursitis.
- (L) Normal human cadence is
 - (a) 70-90
 - (b) 90-110
 - (c) 90-130
 - (d) 70-130
- (M) _____ technique is used to obtain sensory stimulation.
 - (a) Stroking
 - (b) Effleurage
 - (c) Kneading
 - (d) Friction
- (N) _____ joint has 1 degree freedom
 - (a) Ankle
 - (b) Elbow
 - (c) IP
 - (d) All
- (O) The principle of Frenkel's Exercise is
 - (a) Concentration
 - (b) Precisions
 - (c) Repitition
 - (d) All.
- (P) The factor limiting knee ROM is
 - (a) Bony contact
 - (b) Tension of skin
 - (c) Tension of posterior capsules
 - (d) Tension of Hamstrings
- (Q) During inspiration the AP diameter of Thoracic cage is increased by
 - (a) Downward excursion of diaphragm
 - (b) Bucket handle of Lower ribs
 - (c) Pump handle upper ribs
 - (d) All the above
- (R) Push up is an example of
 - (a) Closed kinematic chain
 - (b) Active Free weight bearing exercise
 - (c) Both (a) & (b)
 - (d) Resisted Exercise.

(S) Tests for doing MMT starts from

- (a) Grade 1
- (b) Grade 2
- (c) Grade 3
- (d) Grade 4

(T) For most of our functional activities we use

- (a) Toe region of collagen fibre
- (b) Elastic portion of collagen fibres
- (c) Plastic range
- (d) None

2. Short Answers : (Answer **ten** out of **Twelve**)
5×10=50

- (a) What is passive movement? Classify passive movements. Explain its indications, contra indication and uses.
- (b) What is equilibrium and non-equilibrium Test? Explain.
- (c) What is PNF? Explain the principles of PNF.
- (d) What is stretching? Explain types of stretching. Write *two* self assisted stretching positions for Hamstrings.

(e) What is Aerobic Exercises? Explain the principles of aerobic exercises.

(f) What are relaxation techniques? Explain in details.

(g) Explain the various walking aids with diagram.

(h) What is hydrotherapy? Explain its principles and effects.

(i) What is massage? Explain the various techniques of massage.

(j) What are the fundamental positions? Explain the derived position of standing with diagram.

(k) What is MMT? Explain MMT for Triceps.

(l) What is balance? Explain the physiology of balance.

3. Long Essay : (Answer **any two** out of **Three**)
10×2=20

- (a) What is Mobilization? Explain the various grades of mobilization. Explain the indication, contra indication and its effect. What are its school of thoughts?
2+4+2+2=10

(b) What is suspension therapy ? Explain the various principles of suspension therapy. Explain the Types and equipment used in it.

(c) What is inco-ordination ? What are the causes of inco-ordination ? Explain Frenkles Exercises in details.

2+4+4=10

4. Short Answer : 2×5=10

(a) Glossopharyngeal breathing

(b) BRIME

(c) Grades of MMT

(d) Relaxation positions

(e) Ballistic stretching.