

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[LM 6270]

FEBRUARY 2018

Sub. Code: 6270

**BPT DEGREE EXAMINATION  
SECOND YEAR  
PAPER III - EXERCISE THERAPY – I**

*Q.P. Code : 746270*

**Time: Three hours**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 20 = 40)**

1. Define Starting and Derived position. Describe in detail the fundamental and derived positions of standing.
2. Define Posture. What is generally understood by the term “poor posture”? Give the principles of treatment by means of which a good Posture may be established.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Free exercise for hip joint.
2. Hydrotherapy-contraindications.
3. Principles of active assisted exercise.
4. Active inhibition/Reciprocal relaxation.
5. Group exercise.
6. Auto traction.
7. Effleurage.
8. Effects of therapeutic exercise's.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Pendulums.
2. Translatory motion.
3. Define – Pulley.
4. Isokinetic contraction.
5. Theraband.
6. Neutral equilibrium.
7. Multipennate muscle.
8. Line of gravity.
9. Newton's law of inertia.
10. Therapist positions during treatment.

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