

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

[LP 6270]

AUGUST 2019

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 Gait. Explain its various parameters.
2. Write a detailed note on Mat activities.

**II. Write notes on:**

**(8 x 5 = 40)**

1. Describe percussion manipulation.
2. Non-equilibrium test to assess coordination.
3. Therapeutic effects of massage.
4. Sequence for neck massage.
5. Contrast Bath.
6. Lurching gait.
7. Group exercise.
8. D<sub>2</sub> Flexion.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Define self-stretching.
2. Static posture.
3. Limb length assessment.
4. Translatory motion.
5. 10 repetitions maximum.
6. Define kneading.
7. Muscle fatigue.
8. Fitness.
9. Acceleration.
10. General contraindications for active exercise.

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