

**BPT DEGREE EXAMINATION
SECOND YEAR
PAPER IV - EXERCISE THERAPY II – INCLUDING SOFT TISSUE
MANIPULATION**

Q.P. Code : 746271

Time: Three hours

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. List out the complication of prolonged bedridden patients. Add a note on prevention and maintenance exercise for them.
2. Define manual muscle testing, indication and procedure for manual muscle testing scale.

II. Write notes on:

(8 x 5 = 40)

1. Goniometer and its parts.
2. Osteo-kinematics.
3. Passive stretching procedure for hamstring.
4. Muscle re-education chart.
5. PNF stretching.
6. Axillary Crutch measurement.
7. Modes of resisted exercise.
8. Suspension therapy and its uses.

III. Short answers on:

(10 x 2 = 20)

1. Muscle soreness.
2. Active stretching.
3. End feel.
4. 1 RM (Repetition Maximum).
5. Quadriceps arc exercise.
6. Transverse friction massage.
7. Uses of walker.
8. Functional re-education.
9. Uses of fundamental position.
10. Endurance training.