

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

[LP 6279]

AUGUST 2019

Sub. Code: 6279

**BPT DEGREE EXAMINATION**  
**(Regulations for the candidates admitted from 2017-2018 onwards)**  
**SECOND YEAR**  
**PAPER IV - EXERCISE THERAPY II**

*Q.P. Code : 746279*

**Time: Three hours**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. Discuss the basis of classification and therapeutic uses of Massage. List down the local and general contraindications of Massage.
2. Define Chest physical therapy. Discuss the general principles, indications, goals and precautions of breathing exercises.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Principles of Transverse Friction.
2. Indications of Chest manipulations and its effects and uses.
3. Types of Stretching.
4. Principles and uses of Goniometry measurement.
5. Pendular Suspension therapy.
6. Maintenance exercise for patients on Prolonged Bed Rest.
7. Traction Parameters.
8. Non- Equilibrium Tests for Co-ordination.
9. Value of Group exercise.
10. PNF-Arm Patterns.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Draping.
2. Stance of Therapist.
3. Agonist and Antagonist.
4. Myostatic Contracture.
5. Define Suspension therapy.
6. Pulley Rope.
7. Positional Traction.
8. Equilibrium.
9. Centre of Gravity.
10. Functional reach test.

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