

**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. Define Stretching. Discuss the procedure of stretching of Hamstring in detail.
2. How will you reeducate the Quadriceps muscle power from grade 0 to grade 5?

**II. Write notes on:**

**(8 x 5 = 40)**

1. Prevention of deep vein thrombosis.
2. Assessment of coordination.
3. Effects of active movement.
4. Procedure of passive movement of wrist joint.
5. Segmental expansion exercise.
6. Vertical suspension.
7. Treatment of edema.
8. Assessment of range of supination and pronation of radioulnar joint.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Tripod.
2. Types of wheelchair.
3. Pendular goniometer.
4. Static exercise.
5. Repetition maximum.
6. Open kinematic exercise.
7. Pelvic tilt.
8. Shaking technique.
9. Romberg test.
10. Swiss ball.

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