

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

[BPT 0122]

**JANUARY 2022
(AUGUST 2021 EXAM SESSION)**

Sub. Code: 6270

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE
SECOND YEAR
PAPER III - EXERCISE THERAPY – I
*Q.P. Code : 746270***

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on: **(2 x 20 = 40)**

1. Describe in detail the postural mechanisms. What are the principles and techniques of postural Re-education.
2. Define active movement. Classify active movements.

II. Write notes on: **(8 x 5 = 40)**

1. Springs.
2. Axillary Crutch.
3. Position of the Joints.
4. Progressive – Resisted exercise.
5. Indications and Contraindications of Peripheral Joint Mobilization.
6. Arthrokinematics.
7. Effects of hydrotherapy.
8. Scissoring Gait.

III. Short answers on: **(10 x 2 = 20)**

1. Hook's Law.
2. Therapist positions during treatment.
3. Calcaneal gait.
4. Effects of therapeutic exercise.
5. Step length.
6. Endurance.
7. Multipennate muscle.
8. Motor unit.
9. Second order lever.
10. Hubbard tank.
