

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

**[BPT 0122]**

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

**Sub. Code: 6278**

**BACHELOR OF PHYSIOTHERAPY DEGREE COURSE  
SECOND YEAR- (Regulation from 2017-2018 onwards)  
PAPER III - EXERCISE THERAPY – I  
*Q.P. Code : 746278***

**Time: Three hours**

**Answer ALL Questions**

**Maximum: 100 Marks**

**I. Elaborate on:**

**(2 x 15 = 30)**

1. What are the types of Crutches. Explain the crutch walking in non weight bearing and partial weight bearing.
2. Define free exercises. Write down its classification, technique, effect and uses of free exercises.

**II. Write notes on:**

**(10 x 5 = 50)**

1. Free exercise for shoulder flexor.
2. Exercises in hydrotherapy.
3. Assessment of Posture in lateral view.
4. Derived position of standing.
5. Types of muscle contraction.
6. Angle of pull with anatomical examples.
7. Mechanical resisted exercises.
8. Parkinson Gait.
9. Types and uses of walkers.
10. Jacobson's relaxation techniques.

**III. Short answers on:**

**(10 x 2 = 20)**

1. Centre of Gravity.
2. Range of Muscle work.
3. Scoliosis.
4. Half – Kneeling.
5. Shoe's on measurement.
6. Name the Starting positions.
7. Bridging.
8. Base of support.
9. Define work.
10. Law of Inertia.

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