

KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES

TELANGANA STATE, WARANGAL – 506 002

BPT SECOND YEAR DEGREE EXAMINATIONS: JANUARY, 2025

EXERCISE THERAPY

Time: 3 Hours

Max Marks: 80

Note: Answer all questions

Draw diagrams wherever necessary

Write an essay on the following:

2 X 10 = 20

1. A) Define PNF. Write in details about principles, types and its uses. (2+4+2+2)

OR

- B) Define passive movement. Write in details about types, techniques and physiological effects of passive. (2+3+3+2)

2. A) Define soft tissue manipulation. Types of manipulation. Physiological effects of massage on various system of the body. (2+3+5)

OR

- B) Explain 3rd orders of lever with examples. Write their muscle work, effects and uses of standing position. (2+3+2+3)

Write a short note on the following:

8 X 5 = 40

3. Indications and technique for axial suspension.
4. Relaxation techniques.
5. Principles and techniques of Frenkel's exercise.
6. Indications and contraindications for joint mobilization.
7. Goniometry for shoulder.
8. Advantages and disadvantages of progressive resisted exercises.
9. Crutch walking muscles.
10. Muscles responsible for good posture.

Write briefly on the following:

10 X 2 = 20

11. Define strength.
12. Define anatomical pulley.
13. Write about phases of gait cycle.
14. Write any four pathological gaits.
15. Define scoliosis.
16. Walking frames.
17. Contra indications for stretching.
18. Parts of wheel chair.
19. Define co-ordination.
20. Vibration and shaking.
