

KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA STATE – 506 002
BPT SECOND YEAR DEGREE EXAMINATIONS: JANUARY, 2026
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) Write down the complication found in patient after prolonged Bed Rest. Discuss the maintenance exercise for prevention of above complications.

OR

b) Define Proprioceptive Neuromuscular Facilitation explain in detail about techniques, principles, effects, and uses.
2. a) Define Suspension Therapy, write down its principles, types of suspension, effects of each and advantages and disadvantages.

OR

b) Define Relaxed Passive Movements, write down the technique, effects and uses of Relaxed Passive Movements.

Write short note on the following:

8 X 5 = 40

3. Describe the five pathological Gait in detail.
4. Pelvic Tilt.
5. Goniometry for Knee Joint.
6. Mechanics of Neuromuscular Co-Ordination.
7. Contraindications and indications of Mobilisation. Indications and contraindications for Hydrotherapy.
8. Macqueen's Set System.
9. Angle of Muscle Pull.
10. Levers.

Write briefly on the following:

10 X 2 = 20

11. Stretching of Tendo Achilles.
12. Home programme for strengthening of back extensors.
13. Dangers of Hydrotherapy.
14. Muscle Fatigue.
15. Timing of movements.
16. Fixed Pulleys.
17. Centre of Gravity.
18. Indications of Mobilization.
19. Measurement of Axillary Crutches.
20. Good Posture.