

KALOJI NARAYANA RAO UNIVERSITY OF HEALTH SCIENCES
WARANGAL, TELANGANA STATE – 506 002
BPT SECOND YEAR DEGREE SUPPLEMENTARY EXAMINATIONS: JULY, 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 Incoordination and write in detail about Frenkel's Exercise.

OR

- b) Physiological effects of Massage on various systems of Body.

2. a) Explain Complications of Prolonged Bed Rest and their management.

OR

- b) Define Suspension Therapy. Explain in detail about indications and techniques of Suspension Therapy for Hip Joint Muscles.

Write a short note on the following:

8 X 5 = 40

3. Explain indications and contraindications of Hydrotherapy.
4. Types of Muscle work.
5. Equilibrium.
6. Axillary Crutch Measurement.
7. Explain stretching of Hamstring Muscle.
8. Write about Axis and Planes.
9. Progressive Resisted Exercise.
10. Percussion Manipulations and its uses.

Write briefly on the following:

10 X 2 = 20

11. Hook's Law.
12. Muscle Grading.
13. Centre of Gravity.
14. Write any two Pathological gaits.
15. Define Isometric Exercise.
16. Define Range of Motion.
17. Define Pelvic Tilt.
18. Gutter Crutch.
19. Wing Standing.
20. Define Work and Energy.
