

First Year B. Physiotherapy Examination  
Exercise Therapy-I & Massage Manipulations

Date : 17-01-2023, Tuesday]

Time : 3 Hours]

[Max. Marks : 100]

- Instructions : (1) Answer to the point.  
(2) Figure to the right indicate marks.  
(3) Write legibly.  
(4) Draw diagrams wherever necessary.  
(5) Use separate answer books for each section.

Section -1

Q.1 Define lever .Explain classification ,examples in human body & lever in physiotherapy .

15 Marks

OR

Define free exercise.Explain Classification ,techniques & therapeutic effects of free exercises.

Q.2 Write short notes ( 3 out of 4 ) ( 5 marks each )

15 Marks

1. Properties of spring
2. Types of contraction
3. Posture
4. Equilibrium

Q.3 Write short notes (2 out of 3) (5 marks each )

10 Marks

1. Friction
2. Axis and planes of movement
3. Principles of goniometry

Section -2

Q.4 Define active & passive movement .Write in detail about effects, uses & techniques of relaxed passive movement.

15 marks

OR

Define soft tissue manipulation. Explain massage techniques for upper and lower limbs ,neck and back.

Q.5 Write short notes (3 out of 4 ) (5 marks each )

15 Marks

1. Trick Movements.
2. Reflex testing
3. Gait
4. Resisted Exercise

Q.6 Write short notes (2 out of 3) (5 marks each )

10 marks

1. Suspension Therapy
2. Breathing Exercise
3. Pulley

First Year B. Physiotherapy Examination  
Exercise Therapy-1 & Massage Manipulations

[Max. Marks : 80]

Date : 11-07-2023, Tuesday]

Time : 3 Hours]

- Instructions : (1) Answer to the point.  
(2) Figure to the right indicates marks.  
(3) Draw diagrams wherever necessary.  
(4) Write legibly.  
(5) Use separate answer books for each section.

Section 1

Q.1. Define Goniometry. Describe principles of Goniometry. Write merits and demerits of Goniometry. Explain Goniometry for knee joint. [2+3+6+4=15]  
or

Q.1 What is resisted exercise? Write principles of resisted exercises. Explain McQueen's, and DeLorme techniques in detail. [2+5+4+4=15]  
[5X3=15]

Q.2 SAQ Any 3 out of 4

- 1]. Pursued lip breathing exercise and its effects
- 2]. Principles of gait training with crutches
- 3]. Pelvic tilt
- 4]. Types of equilibrium

[5X2=10]

Q.3 SAQ Any 2 out of 3

- 1]. Advantages and disadvantages of group therapy
- 2]. Describe standing as a fundamental position and its muscle work
- 3]. Suspension therapy for hip joint

SECTION-2

Q.4. Describe massage under following headings:

a. Definition, b. Indications and contraindications, c. Effects, d. Petrissage in detail [1+6+3+5=15]  
Or

Q.4 Explain the principles and contraindications of passive movements. Explain passive movements for hip joint flexion -extension. [5+4+6=15 marks]  
[5X3=15]

Q.5 SAQ Any 3 out of 4

1. Orders of lever ✓
2. Axis and Planes of Movement ✓
3. Superficial reflex testing ✓
4. Types of muscle work

[5X2=10]

Q.6 SAQ Any 2 out of 3

1. Explain the procedures of Limb length assessment and their interpretation.
2. Explain the factors influencing posture
3. Types and therapeutic effects of free exercises.



## First Year B. Physiotherapy Examination

## Exercise Therapy-I &amp; Massage Manipulations

Date : 22-12-2023, Friday]

Time : 3 Hours]

[Max. Marks : 80

- Instructions :
- (1) Answer to the point.
  - (2) Figure to the right indicate marks.
  - (3) Write legibly.
  - (4) Draw diagrams wherever necessary.
  - (5) Use separate answer books for each section.

**SECTION-I**

Q.1. Define Locomotion. Summarize the three types of crutch walking. Highlight the criteria for selection of crutch. (15 marks)

OR

Enumerate the effects, types and uses of Active and Passive movements ( 15 marks)

Q.2. Write short notes (3 out of 4) ( 5 marks each) (15 marks)

- a) Bubble goniometer
- b) Spring in series and parallel
- c) Indication of Stroking
- d) Massage techniques for odema

Q.3. Write short notes (2 out of 3) ( 5 marks each) (10 marks)

- a) Segmental breathing pattern and indications
- b) Balance exercises
- c) Line of gravity and centre of gravity

**SECTION-II**

Q.4. Define lever. Enumerate order of lever and its mechanical advantage with examples and diagram in human body (15 marks)

OR

Outline the indications and therapeutic uses of suspension therapy. Describe the application of pulleys for suspension therapy in order to increase range of motion and muscle power.(15 marks)

Q.5. Write short notes (3 out of 4) ( 5 marks each) (15 marks)

- a) Summarize oxford's method
- b) Highlight assessment of reflex testing
- c) Indication and therapeutic uses of effleurage
- d) Mention the therapeutic uses of free exercises

Q.6 Write short notes (2 out of 3) ( 5 marks each) (10 marks)

- a) Factors influencing posture
- b) Types of muscle contraction
- c) Procedure of MacQueen Method