

First Year B. Physiotherapy Examination

Exercise Therapy-I & Massage Manipulations

Date : 21-06-2024, Friday]

[Max. Marks : 80]

Time : 3 Hours]

Instructions :

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

Section I

Q.1 Classify the types of muscle contraction. Explain all with one example of each. 15

OR

Q.1 What is an ideal posture ? What are the factors affecting posture ? Explain posture in lateral view and physiological variations seen in lateral view. 15

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

- (1) Write the criteria for selection of patients in group therapy and advantages and disadvantages of Group therapy.
- (2) True limb length measurement.
- (3) Classify trick movements and explain one with example.
- (4) Shoulder wheel

Q.3 Short notes (2 out of 3) (5 mark each) 10

- (1) Kneading massage technique.
- (2) Suspension apparatus with use of each accessories and uses of suspension therapy.
- (3) Cardinal planes with example of one each.

Section II

Q.4 What is ventilation and perfusion? Define respiratory cycle. Classify inspiratory type of breathing exercises and explain one in detail with its indications and contraindications. 15

OR

Q.4 Write classification of movements. Explain any one type in detail. 15

Q.5 Short Notes (3 out of 4) (5 Marks each) 15

- (1) Muscles required for crutch walking.
- (2) Coughing and huffing.
- (3) Enumerate types of resisted exercises and explain any one.
- (4) Enumerate types of goniometer and explain one.

Q.6 Short Notes (3 out of 4) (5 Marks each) 10

- (1) Enumerate derived position of standing and explain one.
- (2) First order anatomical lever.
- (3) Explain angle of pull with one example.