

Second Year B. Physiotherapy Examination

Exercise Therapy-II & Kinesiology

Date : 11-12-2023, Monday
Time : 3 Hours

[Max. Marks : 80]

Instructions : (1) Figure to the right indicate marks.
 (2) Write legibly.
 (3) Draw diagrams wherever necessary.
 (4) Use Separate answer book for each section.

SECTION -I

Q1. Describe principles of strengthening of muscle? Discuss the various methods & techniques in strength training? **16 marks**

OR

Q1. Write the principles of MMT? Discuss in detail MMT for Hip flexors and Extensor. Note on trick movements **16 marks**

Q2. Describe various breathing exercise and discuss postural draining with neat diagram **16 marks**

OR

Q2. Define Posture. Write mechanism to maintain posture with a note on lordotic posture **16 marks**

Q3. Write Short notes (3 out of 4) **12marks**

- I. Properties of water
- II. Fitness testing
- III. Principles of re-education
- IV. Voluntary control grading

Q4. Write Short notes (3 out of 4) **12mks**

- i. General relaxation techniques
- ii. Rhythmic Initiation and stabilization
- iii. Effects & principle of traction
- iv. Open chain and close chain kinematics

SECTION -II

Q5. Describe in detail the biomechanics of respiration. Add a note on patho-mechanics of respiration. **16 marks**

OR

Q5. Describe phases of Gait in detail. Write the determinants of gait. Add note on gait variables. **16 marks**

Q6. Write Short notes (2 out of 3)

8 marks

- I. Kinetics of Sit to Stand
- II. Scapulohumeral rhythm
- III. Types of muscle contraction with example