

Second Year B. Physiotherapy Examination

Exercise Therapy-II & Kinesiology

Date : 03-06-2024, 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 (56 Marks)

Q. 1 Define posture. Discuss the types and factors influencing the posture. Discuss postural deviations and its treatment. (02+08+06=16 Marks)

OR

Q. 1 Define Proprioceptive Neuromuscular Facilitation (PNF) technique. Discuss mechanism of neuro muscular responses. Write a note on Contract-relax and rhythmic stabilization technique. (02+05+09= 16 Marks)

Q. 2 Discuss difference between Strengthening and endurance exercises. Explain muscle re-education of quadricep muscle from grade 0 to 5. Write a note on isokinetic exercises. (04+08+04= 16 Marks).

OR

Q. 2 Define Passive movement. Discuss type of passive movement. Discuss its effects and uses. (02+05+09= 16 Marks).

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

12 Marks

- a) Different Types of traction.
- b) Pump and bucket handle movement
- c) Indication and contraindication of hydrotherapy
- d) Frenkel's exercises

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

12 Marks

- a) Physiological effects of Aerobic exercises.
- b) Postural drainage
- c) Jacobson techniques of relaxation
- d) Grades of joint mobilization

Section II (24 Marks)

Q. 5 Discuss the kinetic, kinematic and patho-mechanics of shoulder joint. (06+06+04 = 16 Marks).

OR

Q. 5 Define Gait. Discuss phases of gait, write a note on waddling gait. (02+10+04= 16 Marks)

Q. 6 Write Short Note (2 out of 3) (4 Marks each)

08 Marks

- a) Classification of muscle contraction
- b) Discuss sit to stand mechanism
- c) Locking and unlocking mechanism of Knee