

**VINAYAKA MISSION'S RESEARCH FOUNDATIONS, SALEM
(Deemed to be University)**

**BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION
August 2019
Second Year**

EXERCISE THERAPY

Time: Three hours

Maximum: 100 Marks

Answer **ALL** questions.

I. ESSAY:

(2 x 20 = 40)

1. Describe the classifications of massage and the physiological effects of massage on various body systems.
2. Explain in detail the principles, techniques of proprioceptive neuromuscular facilitation (PNF)

II. SHORT NOTES:

(8 x 5 = 40)

3. Purpose and uses of bridging.
4. Effects and uses of effleurage.
5. Frenkle's exercise.
6. Complications of prolonged bed rest patients.
7. Active and passive insufficiency.
8. Determinants of gait.
9. Segmental expansion exercise.
10. Determinants of stretching.

III. SHORT ANSWERS:

(10 x 2 = 20)

11. Trendeleburg gait.
12. Inner range of muscle work in concentric contraction.
13. General contraindications for active exercise.
14. Pelvic floor muscle exercises.
15. Non- weight bearing exercises.
16. Define kneading and its types.
17. Muscle power grading.
18. High velocity thrust.
19. Repetition maximum.
20. Tripod.