

Sl.No:M19137

Course Code:2110205

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

**BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION
August 2018
First Year**

EXERCISE THERAPY

Time: Three hours

Maximum: 100 Marks

Answer **ALL** questions.

I. ESSAY: (2 x 20 = 40)

1. Define range of motion and types with suitable diagrams
2. Explain in detail about walking aids and train the patients with them

II. SHORT NOTES: (8 x 5 = 40)

3. Kneeling position
4. Types of muscle work
5. Pelvic tilt
6. Centre of gravity
7. Pulleys
8. Oxford classification
9. Closed- chain exercises
10. Bridging

III. SHORT ANSWERS: (10 x 2 = 20)

11. Hold- relax techniques
12. Crook lying
13. Voluntary movement
14. Goniometer
15. Eccentric exercise
16. Lordotic posture
17. Codman's exercise
18. Types of walking aids
19. Resisted exercises
20. Accessory movements
