

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

**BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION
February 2020
Second Year**

EXERCISE THERAPY

Time: Three hours

Maximum: 100 Marks

Answer **ALL** questions.

I. ESSAY: (2 x 20 = 40)

1. Discuss the procedure, advantages and disadvantages of various types of suspension.
2. Define resisted exercises. Write down its advantages, classification, effects and uses.

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

3. Petrissage technique.
4. Shut- spurt muscle.
5. Explain the kinetics and kinematic studies in human gait.
6. Accessory movements.
7. Manual muscle stretching of hamstring muscle.
8. Measures for prevention of muscle wasting.
9. Pendular suspension.
10. Types of Goniometers.

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

11. Sports massage.
12. Weight cuffs.
13. Define joint play.
14. Re- education of scapular rotation.
15. Sternocleidimoastoid stretch.
16. 10 Repetitions maximum.
17. Movable pulley.
18. Ironing.
19. Traction and its types.
20. Plyometric training.
