

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

**BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION  
February - 2021  
Second Year**

**EXERCISE THERAPY**

Time: Three hours

Maximum: 100 Marks

Answer **ALL** questions.

**I. ESSAY:** (2 x 20 = 40)

1. Define Hydrotherapy. Explain in detail about the principles, Indication, Contra-Indication, Procedure, Physiological and therapeutic effects. Add a note on safety precautions during hydrotherapy.
2. Discuss briefly about various phases of gait cycle. Add a note on pathological gait.

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

3. Types of traction.
4. Frenkel's exercise.
5. Free exercises to shoulder joint.
6. MMT.
7. Physiological effects of massage.
8. D<sub>2</sub> flexion.
9. Friction Massage – types and its benefit.
10. Open and closed kinematic chain exercise.

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

11. Uses of Bridging.
12. Contrast Bath.
13. Limb length Assessment.
14. Purpose of Mat activity.
15. Angle of Pull.
16. Rhythmic Initiation.
17. General contraindication for active exercise.
18. Step length.
19. Endangerment sites.
20. Factors causing BAD posture.