

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

**BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION
October 2021**

Fourth Year

EXERCISE THERAPY - I

Time: Three hours

Maximum: 100 Marks

Answer **ALL** questions.

I. ESSAY: (2 x 15 = 30)

1. Discuss briefly about various phases of gait cycle. Add a note on any two pathological Gait.
2. Define starting and derived position. Describe in detail the fundamental and derived positions of standing.

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

3. Physiological effects of passive movements.
4. Hold-Relax technique.
5. Free exercises to shoulder joint.
6. Kinematic chain exercises and types.
7. Progressive Resisted Exercises(PRE)
8. Jacobson's Relaxation Technique.
9. Values of group exercises.
10. Faculty postures.

III. SHORT ANSWERS: (10 x 3 = 30)

11. Pursed lip breathing.
12. D₁ flexion.
13. Range of Muscle work.
14. Lateral pelvic tilt.
15. Uses of bridging.
16. Self stretching.
17. Preparatory exercises for crutch walking.
18. Bed rest complications.
19. Effects of therapeutic exercises.
20. Accessory movements.