

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

**BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION
September 2021
Second Year**

EXERCISE THERAPY

Time: Three hours

Maximum: 100 Marks

Answer **ALL** questions.

I. ESSAY: (2 x 20 = 40)

1. List down the various abnormal postural changes in spine and describe in detail the postural assessment for the various spinal deformities.
2. Define resisted exercise. Write down its advantages, classification, techniques, effects and uses.

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

3. Maitland's graded oscillatory technique.
4. Shunt- spurt muscle.
5. Jacobsons relaxation technique.
6. Active and passive insufficiency.
7. Determinants of stretching.
8. Types of traction.
9. Trendelenburg gait and parkinsons.
10. Principles of active assisted exercises.

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

11. Pelvic floor muscle exercises.
12. Plyometric training.
13. Fryette's law.
14. Tendon- gliding exercises.
15. Angle of pull.
16. Synergist.
17. Hubbard tank.
18. Second order lever.
19. Effects of kneading technique.
20. Why is high fever contra- indicated for passive movements?