

**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