

Roll No: \_\_\_\_\_

Enrollment No: \_\_\_\_\_

**PARUL UNIVERSITY**  
**Faculty of Physiotherapy**  
**1<sup>st</sup> Year BPT Annual Examination 2016-17**

**Year: I**

**Subject Code: 07101105**

**Subject Name: EXERCISE THERAPY– I&MESSAGE MANIPULATIONS**

**Date: 30/01/17**

**Time: 3 Hour**

**Total Marks: 70**

Instructions:

1. All questions are mandatory
2. Figures to the right indicate full marks.
3. Draw Diagram wherever necessary.
4. Write separate sections on separate answer sheets.

**SECTION- A**

**Q.1** Explain active movements in details along with classification, principles and uses. [15]

**OR**

**Q.1** Define and classify Massage. Write in detail about Petrissage. [15]

**Q.2 Write Short Notes (3 out of 4) (5 Marks each)** [15]

- (a) Types of muscle work.
- (b) Axis and planes
- (c) Springs
- (d) Causes of restriction of ROM.

**Q.3 Multiple Choice Question (5 out of 5) (1 Marks each)** [5]

- (1) Shoulder rotation passive range of motion should be performed in which position. [5]
  - a. Supine
  - b. Side Lying
  - c. Prone
  - d. Sitting
- (2) Hip abduction and adduction is performed in which plane? [1]
  - a. Transverse
  - b. Sagittal
  - c. Frontal
  - d. All of the above
- (3) Which of the following is 3rd order lever? [1]
  - A. Nodding of head
  - B. Pelvic tilting
  - C. Standing on toes
  - D. Knee flexion
- (4) Which of the following massage technique is used in scar mobilization? [1]
  - a. Superficial stroking
  - b. Efflurage
  - c. Friction
  - d. Clapping

- (5) What is rate of change of velocity is known as? [1]
- a. Work
  - b. Energy
  - c. Power
  - d. Acceleration

**SECTION- B**

- Q.4** Classify the movements. Write in detail about definition, type and uses, principles of passive movements. [15]

**OR**

- Q.4** What is goniometry? Write down principles of goniometry in detail. How will you measure knee flexion-extension? [15]

- Q.5 Write Short Notes (3 out of 4) (5 Marks each)** [15]

- (a) Levers of body.
- (b) Efflurage and its variations.
- (c) Equilibrium
- (d) Classification of free exercise and character of particular exercise.

- Q.6 Multiple Choice Question (5 out of 5) (1 Marks each)** [5]

- (1) Which lever is lever of speed?
  - a. 1st order lever.
  - b. 2nd order lever.
  - c. 3rd order lever.
  - d. b & c.
- (2) COG is higher in which position? [1]
  - a. Standing
  - b. Kneeling
  - c. Sitting
  - d. Lying
- (3) Manual mobilization is performed in which type of movement? [1]
  - a. Active
  - b. Active assisted
  - c. Resisted
  - d. Passive
- (4) BOS is directly proportional to which of the following? [1]
  - a. Instability
  - b. Stability
  - c. Movable
  - d. All of above
- (5) The effect of resisting force is maximal when it is applied to .....? [1]
  - a. Right angle to moving bone
  - b. Acute angle to moving bone
  - c. Obtuse angle to moving bone
  - d. All of above