

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
BPT, Examination November - 2019

Year: 1
Subject Code: 07101105
Subject Name: Exercise Therapy– I and Massage Manipulations

Date: 25/11/2019
Time: 10.00 am to 1.00 pm
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 Define Goniometry, Uses of Goniometry and Types of Goniometer, Describe in detail goniometric principles of measuring range of motion **(15)**

OR

Q.1 Describe principles of giving Functional Re-education. How to make left side hemiplegic patient from lying to sitting. Explain in details **(15)**

Q.2 Write Short Notes (4 out of 5) (5 Marks each) **(20)**

- (a) Mechanism of coughing
- (b) Advantages and disadvantages of group exercises
- (c) Limb length measurement
- (d) Effects and uses of active-assisted exercises
- (e) Pelvic tilt

SECTION- B

Q.3 Explain classification of massage. Explain upper limb massage in detail **(15)**

OR

Q.3 Describe fundamental starting position. Explain muscle work of any 2 derived positions **(15)**

Q.4 Write Short Notes (4 out of 5) (5 Marks each) **(20)**

- (a) Girth measurement.
- (b) Relaxation techniques
- (c) De Lorme's technique
- (d) Define axis and planes
- (e) Explain any 2 breathing exercises