

Seat No: _____

Enrollment No: _____

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
BPT, July - 2018 Examination

Year: 1

Date: 12/07/2018

Subject Code: 07101105

Time: 10:00am to 1:00pm

Subject Name: Exercise Therapy– I and Massage Manipulations

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 Describe principles of giving passive movements, enumerate indication & contraindication and write in detail physiological effects of passive movements **(15)**

OR

Q.1 Define Goniometry, Uses of Goniometry and Types of Goniometer, Describe in detail goniometric principles of measuring range of motion. **(15)**

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

- (a) DE Lorme's Technique
- (b) Types of Muscle Work
- (c) Physiological Effects of Exercise
- (d) Type of Breathing Exercise
- (e) Advantages & Disadvantages of Group exercises

SECTION- B

Q.1 What is Good Posture? Describe factors affecting good posture. How will you Re Educate Poor Posture? **(15)**

OR

Q.1 Explain Classification of Massage. Explain Face Massage in details. **(15)**

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

- (a) Pelvic Tilt
- (b) Limb Length Measurement
- (c) Type of Equilibrium
- (d) Girth Measurement
- (e) Fundamental Starting Positions.