

Seat No: _____

Enrollment No: _____

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
BPT, Examination July-2018

Year: 2

Subject Code: 07101201

Subject Name: Exercise Therapy – II

Date: 02/07/2018

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 Write in detail about aerobic exercises. (15)

OR

Q.1 Define stretching, write principles, indication and contraindication & write in detail about types of stretching. (15)

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

- (a) Write grades of MMT and principles.
- (b) Trick movements.
- (c) Crawling exercises.
- (d) Physiological properties of water.
- (e) Principles of re education.

SECTION- B

Q.3 Write different causes of joint restriction. Describe techniques of mobilization for increasing range of motion for shoulder joint. (15)

OR

Q.3 What is PNF? Describe its principles, indications and techniques in detail. (15)

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

- (a) Principles of application of Lumbar traction.
- (b) Frenkel's exercise.
- (c) Indication, contraindication and uses of PD.
- (d) Pre crutch Training
- (e) Concave convex rule