

Seat No: _____

Enrollment No: _____

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
BPT, July – 2019 Examination

Year: 2

Date: 15/07/2019

Subject Code: 07101201

Time: 10:00am to 01:00pm

Subject Name: Exercise Therapy – II

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 Mobilization. Write about the various Grades of Mobilization & Explain the Mobilization technique to improve Shoulder Abduction ROM. (15)

OR

Q.1 Explain the Principles of Stretching, Different types of Stretching & write about the technique for active and Passive stretching of Hamstring muscle. (15)

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

- (a) What is postural drainage and Draw the tracheobronchial tree.
- (b) Clapp's crawl
- (c) Explain different Postural deviations in spine.
- (d) Determinants of gait
- (e) Hold relax technique to improve elbow flexion range

SECTION- B

Q.3 Explain different grading system for MMT. Discuss steps to follow for MMT of Pectoralis major and Serratus anterior. (15)

OR

Q.3 Define PNF. Write about the Principles of PNF & Explain the Diagonal pattern for upper limb. (15)

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

- (a) FITT Protocol
- (b) Write about various types of traction, its indications and contraindications
- (c) Concave- convex rule
- (d) Bad ragaz technique
- (e) Pre crutch training