

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
BPT Supplementary Examination, Nov-Dec 2017

Year: 1

Date: 01/12/2017

Subject Code: 07101105

Time: 10:00 am to 1:00 pm

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 section-A and section-B on separate answer sheets.

SECTION- A

Q.1 Define resisted exercises. Write down its advantages, classification, technique, effects and uses. [15]

OR

Q.1 Write down classification of massage manipulation. Describe massage manipulation for edematous lower limb. [15]

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

- (a) Causes of restriction of R.O.M.
- (b) Types and Principle of Goniometer.
- (c) Group Exercises.
- (d) Mat exercises.

Q.3 Multiple Choice Questions. (1 Mark each) [05]

- (1) Oxford technique is opposite of _____.
 - a. Dapre
 - b. Mcqueen
 - c. Delorme
 - d. None of the above.
- (2) _____ order lever is the lever of speed.
 - a. 3rd
 - b. 2nd
 - c. 1st
 - d. All of the above
- (3) In Anterior pelvic tilt is produced by _____.
 - a. Hip extensors and abdominals
 - b. Hip flexor and Lumber extensors.
 - c. Hip adductors and trunk side flexors.
 - d. None of the above
- (4) Relaxed Passive movement is useful for _____.
 - a. Remembrance of pattern of movement
 - b. Muscle strengthening
 - c. Improving joint ROM
 - d. Improving co-ordination
- (5) For group therapy maximum number of patients in group is about _____.
 - a. 6-8
 - b. 4-6
 - c. 8-10
 - d. More than 10

SECTION- B

- Q.1** Discuss the Procedure, advantages and disadvantages of various types of suspension. [15]
- OR**
- Q.1** Define and classify passive movements. What are the principles of passive movements? Write about the effects and uses of passive movements [15]
- Q.2 Write Short Notes (3 out of 4) (5 Marks each)** [15]
- (a) Various standing position
 - (b) Diaphragmatic breathing exercise
 - (c) Jacobson's relaxation technique
 - (d) Determinants of Gait
- Q.3 Multiple Choice Questions. (1 Mark each)** [05]
- (1) In female normal cadence is _____steps per minute.
- a. 116
 - b. 216
 - c. 100
 - d. 96
- (2) Pulleys are used to
- a. Make the work easy
 - b. Alter the direction of motion
 - c. Gain mechanical efficiency
 - d. All of the above
- (3) Vertical suspension is used for_____.
- a. Relaxation
 - b. Strengthening
 - c. Stretching
 - d. Proximal fixation
- (4) ____manipulation is used to obtain sensory stimulation.
- a. Stroking
 - b. Effleurage
 - c. Kneading.
 - d. Friction
- (5) Muscle is most efficient in _____ range.
- a. Outer
 - b. Outer part of middle
 - c. Inner part of middle
 - d. Inner