

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
BPT, November-2018 Examination

Year: 1**Date: 26/11/2018****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 Long Essay (15)**
Define goniometry. Describe its principles & types of goniometer. Explain the technique of measuring the knee flexion range of motion.

OR

- Q.1 Long Essay (15)**
Define passive movements. Explain the principles of giving relaxed passive movements.

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

- (a) Progressive Resisted Exercise.
- (b) Levers of human body.
- (c) Mechanism of Breathing.
- (d) Advantages and disadvantages of group exercise therapy.
- (e) Effects and uses of Effleurage.

SECTION- B

- Q.3 Long Essay (15)**
Define and classify massage. Write in detail the effects and uses of percussion manipulation. Add a note on contraindications of massage.

OR

- Q.3 Long Essay (15)**
Define suspension. Explain its various types, effects, indications and contra indications.

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

- (a) Indications and contraindication of mat exercises.
- (b) Free exercises for Shoulder joint.
- (c) Kneading manipulation and its uses.
- (d) Types of End feel.
- (e) Fundamental Standing position with its muscle work, effects and uses.