

**PARUL UNIVERSITY**  
**FACULTY OF PHYSIOTHERAPY**  
**BPT, Examination November -2018**

**Year: 2****Subject Code: 07101201****Subject Name: Exercise Therapy – II****Date: 19/11/2018****Time: 10:00am to 01:00pm****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 the principles of PNF. Describe how will you strengthen the wrist extensors? **(15)**

**OR**

**Q.1** Define stretching, types of stretching and explain principles of stretching and how will you stretch pectoralis muscle? **(15)**

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

- (a) Clapp's Crawl
- (b) Postural drainage for both lower lobes
- (c) Bad Ragas technique
- (d) Stress- Strain curve
- (e) Types of traction – Indications & Contraindications

**SECTION- B**

**Q.1** What is joint mobilization? Describe indications, contraindications and limitations of joint mobilization. Describe how you will increase knee flexion by mobilization? **(15)**

**OR**

**Q.1** What is M.M.T.? Explain principles of M.M.T., write down oxford scale of muscle gradation and how will you test muscles producing movement at elbow joint? **(15)**

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

- (a) Application & Significance of Frenkel's exercise
- (b) What is scoliosis? Corrective exercises for scoliosis.
- (c) Crutches and pre crutch training
- (d) Mat activities for reeducation of Hemiplegia
- (e) Principles of aerobic exercise