

School of Medical and Allied Sciences

Physiotherapy
ETE - Jun 2023

Time : 3 Hours

Marks : 100

Sem IV - BHPT4001 / BPHY4001

Exercise Therapy

*Your answer should be specific to the question asked
Draw neat labeled diagrams wherever necessary*

1. What are the limitations of isometric, isotonic and isokinetic resistance exercises? K1 CO1 (5)
2. Explain the 3 Types of suspension. K2 CO2 (5)
3. Define Proprioceptive Neuromuscular Facilitation and its uses. K1 CO1 (5)
4. Extend the Physical properties of water. K2 CO2 (10)
5. Plan the Kaltenborn Sustained Translatory Joint-Play Techniques. K3 CO3 (10)
- 6) Compare 2 point,3 point and 4 point gait. K4 CO4 (10)

OR

- Classify the ambulatory aids and analyze the measurement of any 1 of them. K4 CO4 (10)
7. Organize the 3 syndromes of The McKenzie method or mechanical diagnosis and therapy (MDT). K3 CO3 (10)
- 8) Explain akinesia along with Coordination tests. K5 CO5 (15)

OR

- Appraise the difference between Manipulation and mobilization with an example for each and red flags of manipulation. K5 CO5 (15)
9. Explain indications,contraindications of Mulligan concept and concave convex rule with diagram. K5 CO5 (15)
10. Inspect the examination of aerobic capacity with any 2 aerobic tests. K4 CO4 (15)