

**School of Medical and Allied Sciences**

**Bachelor of Physiotherapy  
Summer Term Examination – July - August 2024**

**Duration : 180 Minutes  
Max Marks : 100**

**Sem IV - L2UA401T - Exercise Therapy***General Instructions*

*Answer to the specific question asked*

*Draw neat, labelled diagrams wherever necessary*

*Approved data hand books are allowed subject to verification by the Invigilator*

- 1) Explain the application of principles of an aerobic conditioning program for patients, including types and phases of aerobic training K1(2)
- 2) Identify the differences between in circuit weight training and traditional weightlifting. K2(4)
- 3) Outline the safety considerations when performing isotonic exercises. K2(6)
- 4) Discuss the principles of Muscle Energy Technique (MET) and Myofascial stretching in manual therapy. Explain how MET and Myofascial stretching are used to improve joint mobility and soft tissue flexibility, respectively. Provide examples of conditions where MET and Myofascial stretching are indicated and contraindicated in clinical practice K3(9)
- 5) Describe the assessment of accessory movement and end feel during mobility assessment and discuss their significance in clinical reasoning K3(9)
- 6) Explain the concept of rhythmic initiation with diagram. K5(10)
- 7) Discuss the application of cupping therapy in exercise therapy. Explain the mechanism of action of cupping therapy and its potential benefits in rehabilitation. Evaluate the evidence supporting the use of cupping therapy in clinical practice K4(12)
- 8) Discuss the types of suspension therapy in axial, vertical and pendular techniques for upper limb. K5(15)
- 9) Discuss the techniques are used in PNF for improving joint mobility? K5(15)
- 10) Explain the correct posture during walking, sitting, standing and during mobile phone using. K6(18)