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(20721)
BPT-II Year

(Printed Pages 3)
Roll No.

T-16 (CV-II)
B.P.T. Examination, June-2021
Exercise Therapy-I
(BPT-203)

Time : 1½ Hours] [Maximum Marks : 80

Note : Attempt any **two** questions. **All** questions carry equal marks.

1. Define the following
 - (a) Centre of gravity
 - (b) Goniometer
 - (c) Axillary Crutches
 - (d) Coordination exercises
2. Write short notes on following
 - (a) Suspension therapy
 - (b) Static and dynamic balance

3. What are the causes of In-coordination, Describe FRENKEL's exercise.
4. What are the indications and contraindications of PASSIVE MOVEMENTS. Describe their limitations and advantages also.
5. What are the various types and techniques of measuring joint ROM using goniometer.
6. Discuss in brief the following
 - (a) Measurement of Limb Length
 - (b) Relaxation techniques
7. Define the principles of PLANES & AXIS OF MOVEMENT.
8. What is the 'GRADING SYSTEM' in manual muscle testing. Explain the grading system of MMT of calf muscles.

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9. Describe the types and techniques of soft tissue manipulation. What are the contra-indications?
10. Discuss in brief
 - (a) about the effects of exercises on cardiovascular system
 - (b) Rationale behind using different Mobility aids.