

T-16**B.P.T. Examination, June-2022****EXERCISE THERAPY-I****BPT-203***Time : Three Hours /**[Maximum Marks : 80]*

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

1. Define the following (any **four**) $4 \times 4 = 16$

- (a) Plane and axis
- (b) Types of muscle contraction
- (c) EQUILIBRIUM
- (d) MECHANISM OF BALANCE CONTROL
- (e) Active assisted movements

2. Describe different Relaxation techniques with examples. 16

P.T.O.

3. Write short note on following: $8 \times 2 = 16$

(a) How to measure limb length and girth of lower limb.

(b) Starting and derived positions

4. What is soft tissue manipulation describe the therapeutic uses and contraindications of soft tissue manipulation. 16

5. What is Neuromuscular coordination? Describe exercises to improve coordination. 16

6. What are the effects of exercises on various systems. 16

7. What are the different Mobility AIDS. Explain type of crutches and their uses. 16

8. How do we measure joint Range of Motion. Explain technique of measuring JROM of Hip joint and lumbar spine. 16

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9. What is difference between Active and passive movement. What are the limitations of active and passive movement. 16
10. Describe suspension Mechanism and exercises to all major joints. 16