

P P SAVANI UNIVERSITY
Second Semester of B.P.T. Examination
January 2019

SPPT 1091 Exercise therapy - I
Time: 9:00a.m. To 12:00noon

21.01.2019, Monday

Max. Marks: 70

Instructions:

1. The question paper comprises of two sections.
2. Section I and II must be attempted in separate answer sheets.
3. Make suitable assumptions and draw neat figures wherever required.
4. Use of scientific calculator is allowed

SECTION-I

(35 Marks)

Question 1 (Essay Question –Any one)

(10*1=10 Marks)

- 1) Definition, classification, principles, technique, indication, contraindication, effects and uses of manual and mechanical resistance.
- 2) Write principles of Manual Muscle Testing (MMT). Explain the MRC grading, and write about the MMT for Hip flexor muscles.

Question 2 (Short Notes – Any Two)

(2*5=10 Marks)

- 1) Define gait. Explain in detail about phases of gait along with different gait variables.
- 2) Define Mobilization. Write down the Grades of Mobilization, Indications and Contra-indications of Mobilization.
- 3) Write in detail about Crutches, Walkers, Tripods and Canes with their measurement.

Question 3 (Very Short Notes-Any Five)

(5*3=15 Marks)

- 1) Define Stretching. Write in detail about modes of stretching.
- 2) Types of muscle contractions
- 3) Causes and restriction of Joint ROM
- 4) Indication and contra-indication of Suspension therapy
- 5) Derived positions from sitting.
- 6) SAID Principle
- 7) Self stretching techniques for Pectorals

SECTION-II

(35 Marks)

Question 1 (Essay Question –Any one)

(10*1=10 Marks)

- 1) What is suspension therapy? Write indication, contraindication, limitation and benefits of suspension therapy?
- 2) How do you assess muscle power of Tibialis Anterior? Explain the re-education of Tibialis Anterior from muscle power 0 to 5.

Question 2 (Short Notes – Any Two)

(2*5=10 Marks)

- 1) What is strength? How will you measure strength?
- 2) Uses and effects of free exercises.
- 3) Pelvic tilt.

Question 3 (Very Short Notes-Any Five)

(3*5=15 Marks)

- 1) Exercise for foot intrinsic muscles.
- 2) Crutch measurement.
- 3) Axial Suspension.
- 4) Biceps muscle work in inner and outer range.
- 5) True limb length measurement.
- 6) Gait cycle
- 7) Types of muscle contractions.