

P P SAVANI UNIVERSITY

Second Semester of B.P.T Examination

December 2021

SPPT1091 Exercise Therapy II

03.01.2022, Monday

Time: 09:30 a.m. To 12:30 p.m.

Maximum 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

- Q - 1** Essay Question(Any One) [10]
- (i) Describe the fundamental positions of sitting and standing in detail.
 - (ii) Write classification and principles of passive movement.
- Q - 2** Short Note(Any Two) [10]
- (i) Classification of joints
 - (ii) Types of goniometer
 - (iii) Delormes regimen
- Q - 3** Very Short Notes(Any Five) [15]
- (i) End feel
 - (ii) Closed packed position of shoulder joint
 - (iii) Goniometry for knee joint
 - (iv) Procedure for measuring joint range of motion
 - (v) Causes of restriction of motion
 - (vi) Effect and uses of resisted exercise.
 - (vii) Contracture

SECTION - II

- Q - 1** Essay Question(Any One) [10]
- (i) What is suspension therapy. Explain its parts and systems used in suspension therapy.
 - (ii) What is Gait? Write in Detail phases of Gait Cycle.
- Q - 2** Short Note(Any Two) [10]
- (i) Types of pelvic tilts.
 - (ii) Write a note on Range of Muscle work.
 - (iii) Measurements for Axillary crutches with diagram.
- Q - 3** Very Short Notes(Any Five) [15]
- (i) Write a note on Canes.
 - (ii) Classification of Limb Length Discrepancy.
 - (iii) What is Trick movement?
 - (iv) What is BMI (Body Mass Index)? Indicates its Ranges and Co-morbidity Risk.
 - (v) Rockers of the foot.
 - (vi) Write down Types of Muscle Contraction with its example.
 - (vii) Definition: A) Cadence
B) Stride length
