Sem3-B-H

P P SAVANI UNIVERSITY

Third Semester of B. P.T. Examination October 2021

SPPT2012Exercise Therapy III

05.10.2021, Tuesday Instructions:

Time: 10 a.m. To 1:00 p.m.

Maximum Marks: 70

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The question paper comprises of two sections.
 Section I and II must be attempted in separate answer sheets.
 Make suitable assumptions and draw neat figures wherever required.

	SECTION - I	
Q-1	Essay Question(Any One)	[10]
(i)	What is Stretching? Write a note on various types of Stretching techniques.	
(ii)	What is MMT? Write Grades, Indications & Limitations o MMT.	
Q-2	Short Note(Any Two)	[10]
6	Explain PNF D2 Flexion and Extension Diagonal patterns of Upper Extremity.	The state of the s
(ii)	Effects of joint mobilization.	
(iii)	Techniques of aquatic exercises.	
Q-3	Very Short Notes(Any Five)	[15]
(i)	True Limb Length Discrepancy.	
(ii)	De'Lormes Exercise Regime.	
(iii)	Muscle girth measurements.	
(iv)	Contraindications of joint mobilization.	
(v)	Open chain exercises.	
(vi)	Plyometric.	
(i)	SAID Principle.	

SECTION - II

say Question(Any One)	[10]
	[ro]
rite down different techniques of PNF. Write its effects and uses in detail.	
scuss the various grading system of joint mobilization. Write on movement with oblilization.	
ort Note(Any Two)	[10]
pes of Passive movements and its principles.	
pes of Muscle contraction.	
ythmic initiation technique of PNF.	
ry Short Notes(Any Five)	[15]
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ose Chain Exercise.	
lvic tilt.	1
finition: A) Strength	
B) Endurance	
MT technique for Elbow flexors.	
ntraindications of Aquatic Exercise Therapy.	
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