

Sem 3 - B-T

P P SAVANI UNIVERSITY

Third Semester of B. P.T. Examination

October 2021

SPPT2012 Exercise Therapy III

05.10.2021, Tuesday

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

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]**
- (i) Explain PNF D2 Flexion and Extension Diagonal patterns of Upper Extremity.
 - (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.
 - (vii) SAID Principle.

