

BL-2
Date 20/18

P P SAVANI UNIVERSITY

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

SPPT2012 Exercise Therapy III

05.08.2021, Thursday

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 Measurement of Limb Length? Write about true limb length and apparent limb length methods.
- (ii) What is MMT? Write Grades, Indications & Limitations o MMT.
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- Q - 2 Short Note(Any Two) [10]**
- (i) Write about Neurophysiological response of muscle to stretch.
- (ii) Effects of joint mobilization.
- (iii) Techniques of aquatic exercises.
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- Q - 3 Very Short Notes(Any Five) [15]**
- (i) Causes of immobility.
- (ii) Multiple Angle Isometrics exercises.
- (iii) Muscle girth sites.
- (iv) Contraindications of joint mobilization.
- (v) Rhythmic initiation technique of PNF.
- (vi) Plyometric.
- (vii) SAID Principle.

SECTION - II

- Q - 1 **Essay Question(Any One)** [10]
- (i) Write down different techniques of PNF. Write its effects and uses in detail.
 - (ii) Discuss the various grading system of joint mobilization. Write on movement with mobilization.
- Q - 2 **Short Note(Any Two)** [10]
- (i) Principle of PNF.
 - (ii) Types of Muscle contraction.
 - (iii) Circuit weight training.
- Q - 3 **Very Short Notes(Any Five)** [15]
- (i) Trendelenburg sign.
 - (ii) Define Manipulation.
 - (iii) Close Chain Exercise.
 - (iv) Pelvic tilt.
 - (v) Types of Stretching.
 - (vi) Types of Passive Movements.
 - (vii) D2 flexion pattern of PNF for Upper extremity.
