

# P P SAVANI UNIVERSITY

Third Semester of B. P.T. Examination

January 2020

SPPT 2012 EXERCISE THERAPY III

16.01.2020, Thursday

Time: 09:00 a.m. To 12:00 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.
4. Use of scientific calculator is allowed.

**SECTION – I**

- Q - 1      Essay Question(Any One)      [10]**
- (i) Describe Principles of MMT. Explain technique of grading of MMT.
- (ii) What is resisted exercise? Explain different technique of resisted exercise to increase strength of triceps muscle.
- Q - 2      Short Note(Any Two)      [10]**
- (i) Indications and limitations of manual muscle testing
- (ii) Precautions during resistance exercises
- (iii) Principles of Passive movements
- Q - 3      Very Short Notes(Any Five)      [15]**
- (i) Technique for assessment of wasting of biceps muscle
- (ii) True measurement of limb length
- (iii) Strengthening of quadriceps muscles by close chain exercise
- (iv) Causes of decrease muscle performance
- (v) Describe Break test
- (vi) Define Plyometric exercise
- (vii) Define Strength and Power

**SECTION - II**

- Q - 1      Essay Question(Any One)      [10]**
- (i) Write Grades of Mobilization along with types of accessory motions. Explain glide to improve Shoulder Abduction Range of motion.
- (ii) Explain PNF principles. Add a note on Contract and relax technique.
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- Q - 2      Short Note(Any Two)      [10]**
- (i) Explain Precautions and Contraindications of Stretching.
- (ii) Explain technique of Rhythmic Stabilization with appropriate example.
- (iii) Explain properties of Water and it's Therapeutic Uses.
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- Q - 3      Very Short Notes(Any Five)      [15]**
- (i) Explain Stretching of Triceps Muscle.
- (ii) What is Positional Release Therapy?
- (iii) Explain glide to improve Knee flexion Range Of Motion.
- (iv) Write indications and Contraindications of giving Mobilization.
- (v) What is MFR?
- (vi) Write Physiological effects of Stretching.
- (vii) Mention Contraindications of Aquatic Therapy.

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