



51214

Second B.P.Th. (2012) Examination, Summer 2018
KINESIOTHERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

SECTION – A & SECTION – B

- Instructions :**
- 1) Use **blue/black** ball point pen only.
 - 2) **Do not** write anything on the **blank portion of the question paper**. If written anything, such type of act will be considered as an attempt to resort to unfair means.
 - 3) **All** questions are **compulsory**.
 - 4) The number to the **right** indicates **full** marks.
 - 5) Draw diagrams **wherever** necessary.
 - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
 - 7) Use a common answerbook for **all** sections.

SECTION – A (50 Marks)
(SAQ)

1. Short answer question (**any five** out of six) :

(5×3=15)

- a) Enlist causes for limited joint mobility.
- b) Enlist contraindications to Hydrotherapy.
- c) State various types of Nebulizers.
- d) What is Break test ?
- e) Brief about Repetition Maximum.
- f) What is Delayed onset of muscle soreness ?

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2. Short answer question (any five out of six) :

(5×7=35)

- a) State Principles of Proprioceptive Neuromuscular Facilitation. Explain one principle in detail. *Define gait and explain the gait parameters.*
- b) Describe pre Crutch training programme. State the method of measurement for Axillary Crutch.
- c) Describe various types of Mobility Exercises.
- d) Describe various Expiratory Type of Breathing exercises.
- e) Describe principles of Manual Muscle Testing.
- f) Enumerate structure of nervous system responsible for co-ordinated movement. Describe Freckles exercises. (2+5)

SECTION – B (30 Marks)
(LAQ)

3. Long answer question (any one out of two) :

(1×15=15)

- a) What is ACBT (Active Cycle of Breathing Technique). Describe various Postural Drainage positions for right lung. Enumerate any 3 contraindications for Postural Drainage. (4+8+3)
- b) Describe principles of Strengthening. Enumerate factors influencing muscle strength. Design a exercise programme to train elbow flexors from grade 3 to 5. (6+3+6)

4. Long answer question (any one out of two) :

(1×15=15)

- a) Define Posture. Describe standing postural analysis in sagittal view and frontal view both anteriorly and posteriorly. (2+13)
- b) Define Stretching. Describe various types of Stretching. State indications and contraindications for Stretching. (2+9+4)



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SECTION – A (50 Marks)
(SAQ)

1. Short answer question (**any five** out of six) : (5x3=15)
 - a) Define Strength, Power and Endurance.
 - b) Enumerate the intervention strategies to improve motor control.
 - c) Define Gait and Cadence.
 - d) Explain Strengthening of triceps muscle from grade II to III.
 - e) Enumerate any six precaution for joint mobilization.
 - f) Enumerate different types of gait pattern for use of axillary crutches.

2. Short answer question (**any five** out of six) : (5x7=35)
 - a) Describe effects and uses of spinal traction.
 - b) Write principles of home program and ergonomic advice for ADLs.
 - c) Explain principles and techniques of Frenkels exercises.
 - d) Define Humidification. Explain different types and methods of delivery of humidification.
 - e) Define 1 RM. Explain Delorme and Watkins, Macqueen and Zinovieff protocols of Progressive Resisted Exercises.
 - f) Define pre 'walking aids' training.

P.T.O.



SECTION – B (30 Marks)
(LAQ)

3. Long answer question (**any one** out of two) : (1x15=15)
- a) Define posture and write postural mechanism. Write Sagittal plane analysis of optimal erect standing posture and possible physiological deviations from it. (5+10)
 - b) Write goals and uses of breathing exercises. Describe the different types of breathing exercises. Add a note on ACBT. (3+7+5)
4. Long answer question (**any one** out of two) : (1x15=15)
- a) Describe physical properties of water. Write the physiological and therapeutic effects of hydrotherapy. Write indications and contraindications of hydrotherapy. (3+6+6)
 - b) Define stretching and enumerate different types of it. Write indication, contraindications and precaution of stretching. Explain principles of stretching exercises. (4+6+5)
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SECTION – A
(SAQ)

(50 Marks)

1. Short answer question (any five out of six) : (5×3=15)
 - a) Hold relax technique,
 - b) Enumerate the types of traction.
 - c) Bridging.
 - d) Uses of home exercises.
 - e) 3 indications of breathing exercises.
 - f) Types of walking aids.

2. Short answer question (any five out of six) : (5×7=35)
 - (a) Write principles of hydrotherapy. Explain bad ragaz technique in detail.
 - b) Precrutch training.
 - c) Describe humidifiers and its types.
 - d) Explain 2 stretching techniques in detail.
 - e) Principles of manual muscle testing.
 - f) Explain principles of co-ordination.

Q.2 as corrected as under :-

to write principles of hydrotherapy.

P.T.O.



SECTION – B
(LAQ)

(30 Marks)

3. Long answer question (any one out of two) : (1×15=15)
- a) Define posture. Discuss standing posture. Write a note on physiological deviations seen in standing posture. (1+7+7)
 - b) Enumerate principles of strengthening. Discuss strengthening programme of quadriceps femoris from grade 0 to grade 5. (7+8)
4. Long answer question (any one out of two) : (1×15=15)
- a) Define postural drainage. Write down its indications and contraindications. Discuss postural drainage position for right side upper lobe with diagrams. (1+4+4+6)
 - b) Enumerate types of mobility. Discuss factors affecting mobility. Explain mobility exercises for shoulder flexion with diagrams. (3+4+8)
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SECTION – A (SAQ) (50 Marks)

1. Short answer question (**any five** out of six) : (5×3=15)
 - a) Enumerate three types of trick movements with example.
 - b) Indications and contraindications of cervical traction.
 - c) Measurement of Axillary crutch.
 - d) Creep.
 - e) Enumerate broncho pulmonary segments of right lung.
 - f) What is 1RM and 10RM ?

2. Short answer question (**any five** out of six) : (5×7=35)
 - a) Explain in brief basic technique of PNF.
 - b) Mat activities in supine.
 - c) Types of breathing exercises.
 - d) Write about Gait cycle and its measurable parameters.
 - e) Physical properties of water. Add a note on precaution and contraindication for aquatic exercises.
 - f) Explain in detail assessment of posture in lateral view.

P.T.O.



SECTION – B (LAQ) (30 Marks)

3. Long answer question (**any one** out of two) : (1×15=15)
- a) Define strength, power and endurance. What are the factors influencing strength of normal muscle ? Describe principles of strength training.
 - b) Explain the types of contracture. Add a note on determinants, types and effects of stretching.
4. Long answer question (**any one** out of two) : (1×15=15)
- a) What is postural drainage ? Write a note on goals and indication and contraindication for postural drainage. Explain in detail postural drainage for right and left upper lobe.
 - b) Define coordination and balance. Describe Frankel's exercises in detail.
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SECTION – A
(SAQ)

(50 Marks)

1. Short answer question (any five out of six) : (5×3=15)
- a) Contraindications of cervical traction.
 - b) Define 1 RM and 10 RM.
 - c) Passive Insufficiency of muscles.
 - d) Define Strength, Power and Endurance.
 - e) Contraindications to mobilization.
 - f) Diaphragmatic Breathing Exercise.

2. Short answer question (any five out of six) : (5×7=35)
- a) Trick movement.
 - b) Principles of strength training.

- Cancelled* c) Write factors affecting posture and physiological deviations of posture.
- L* d) Discuss in brief the "Concave-Convex" rule for joint mobilization. *delete/question change as mentioned below*
- e) Static, Dynamic, and Ballistic Stretching with example of any one muscle.
 - f) Pursed lip breathing.

2. d) Discuss in brief the "Concave-Convex" rule.

P.T.O.



SECTION – B
(LAQ)

(30 Marks)

3. Long answer question (any one out of two) :

(1×15=15)

- a) Define contracture. Describe the different types of contractures. Describe the Hold-relax technique of active inhibition stretching. State the precautions for the same.
- b) Define coordination and write about physiology of coordination. describe Frankel's exercises.

4. Long answer question (any one out of two) :

(1×15=15)

- a) What is postural drainage ? Write indications and contraindications of postural drainage. Write about manual techniques used in postural drainage.
- b) Write physiological effects and therapeutic uses of Hydrotherapy. Describe properties of water. Write contraindications of hydrotherapy.