



DCM-M201918

Seat No. _____

Second Year B. Physiotherapy Examination

July – 2022

Exercise Therapy - II & Kinesiology

(New Course)

Time : 3 Hours]

[Total Marks : 80

SECTION - I

1 Long Essay : (Anyone) $1 \times 10 = 10$

1. Define manual muscle testing. Explain its principles.
2. Write principles of strengthening. Discuss various types of strengthening exercises.

2 Short essay : (Any three) $3 \times 5 = 15$

1. Describe various types of stretching.
2. Maitland & kaltanborn grades of mobilization.
3. Define posture, factors affecting posture. Explain postural deviations of spine and its treatment.
4. Indication, precautions and termination criteria for exercise stress testing.

3 Very short essay : (Any five) $5 \times 3 = 15$

1. Types of contracture
2. Enumerate the various principles of hydrotherapy.
3. Principles of Frenkel's exercise.
4. Continuous passive movement
5. Muscle work for squatting.
6. Define Vo2max.

SECTION - II

4 Long essay : (any one) $1 \times 10 = 10$

1. Enumerate Rotator cuff muscles and describe scapula humeral rhythm.
2. Biomechanics of respiration.

5 Short essay : (any three) **3×5=15**

1. Difference between closed and open kinematic chain exercise. Give any two examples for each.
2. Static and dynamic stabilization of shoulder joint.
3. Length-tension and force-velocity relationship
4. Biomechanics of overhead activities.

6 Very short essay : (any five) **5×3=15**

1. Active and passive insufficiency with examples
2. Impetus
3. Q angle
4. Determinants of gait
5. Metatarsal brake
6. Ligaments of knee joint.
