

**BACHELOR OF PHYSIOTHERAPY  
SECOND SEMESTER  
EXERCISE THERAPY - I  
BPT - 203**

(USE SEPARATE ANSWER SCRIPTS FOR OBJECTIVE & DESCRIPTIVE)

Duration: 3 hrs.

Full Marks: 70

**[ PART-A: Objective ]**

Time: 20 min.

Marks: 20

*Choose the correct answer from the following:*

*1×20=20*

1. Normal ROM of knee flexion is
  - a. 0-140 degrees
  - b. 0-90 degrees
  - c. 0-45 degrees
  - d. 0- 180 degrees
2. Fixed resistance can be applied in
  - a. Mechanical resistance exercise
  - b. Manual resisted exercise
  - c. Both
  - d. None
3. Relaxing the particular part or segment of the body is called
  - a. Mental relaxation
  - b. Emotional Relaxation
  - c. Segment relaxation
  - d. Local Relaxation
4. Finger ladder increases
  - a. Finger strength
  - b. Finger ROM
  - c. Shoulder ROM
  - d. Elbow ROM
5. All of the following are segmental breathing exercises except
  - a. Posterior basal
  - b. Apical
  - c. Lingula expansion
  - d. Glossopharyngeal
6. COG is lowest in which of the following fundamental position?
  - a Standing
  - b Kneeling
  - c Sitting
  - d Lying
7. Which instrument uses gravity's effect on pointers and fluid levels to measure joint position and motion?
  - a. Electrogoniometers
  - b. Universal Goniometer
  - c. Inclonometers
  - d. All of the above
8. "delorme regime" is a
  - a. Relaxation regime
  - b. Sensory regime
  - c. Resistance regime
  - d. All of the above
9. Suspension apparatus was designed by
  - a. Margaret Hollis
  - b. Moore
  - c. Guthrie Smith
  - d. Jacobson

10. RM means
  - a. Number of repetition in resistance exercise
  - b. Maximum weight in resistance exercise
  - c. Both a and b
  - d. None
11. Primary muscle of inspiration is
  - a. Pectoralis major
  - b. Scalenes
  - c. Diaphragm
  - d. Rectus abdominis
12. Involuntary movement is an /a
  - a. Active movement
  - b. Passive movement
  - c. Reflex
  - d. None
13. True shortening is measured from
  - a. ASIS to sole of foot
  - b. PSIS to medial malleolus
  - c. Umbilicus to medial malleolus
  - d. ASIS to medial malleolus
14. In early stage of rehabilitation, which type of resistance exercise is done
  - a. Manual
  - b. Mechanical
  - c. Both
  - d. None
15. The biceps brachii is the prime mover in:
  - a. Flexion of elbow
  - b. Flexion of wrist
  - c. Pronation
  - d. Supination
16. Unaffected side crutch and affected side crutch together followed by unaffected leg is a type of
  - a. 2 point gait
  - b. 3 point gait
  - c. 4 point gait
  - d. None
17. The definition of Range of Motion is
  - a. The amount of strength that occurs at a joint
  - b. Amount of movement that occurs at a joint
  - c. Both a and b
  - d. None of the above
18. Bacterial infection of skin is a/ an \_\_\_\_\_ of massage.
  - a. Indication
  - b. Absolute contraindication
  - c. relative contraindication
  - d. Precaution
19. Suspension therapy is contraindicated in
  - a. Hypermobility joint
  - b. Burns
  - c. Generalized Edema
  - d. All of the above
20. Massage technique that should be done before and after every massage manipulation is
  - a. Stroking
  - b. Efflurage
  - c. Tapping
  - d. Friction

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( Part-B : Descriptive )

Time : 2 hrs. 40 min.

Marks : 50

[ Answer question no.1 & any four (4) from the rest ]

1. Classify active movement. Describe the technique and effects & uses of free exercises. 3+7=10
2. a) Define Massage and its classification. 5+5=10  
b) Elaborate any two techniques of massage with its indication and contraindications.
3. a) Define Breathing exercises. Write down its goals. 3+7=10  
b) Explain different types of breathing exercises in details.
4. Explain the fundamental positions with its muscle power and uses. 7+3=10
5. Define therapeutic exercises Write down the aims and objectives of exercise therapy. 10
6. Define resisted exercise. Write the advantage and disadvantage of manual resisted exercise. 10
7. Discuss general relaxation techniques in details with suitable line diagram. 10
8. Write short notes on: 5+5=10
  - a) Parts of Goniometer with diagram
  - b) Measurement of Limb Length

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