BACHELOR OF PHYSIOTHERAPY
SECOND SEMESTER
EXERCISE THERAPY I
BPT – 203 [REPEAT]
[USE OMR SHEET FOR OBJECTIVE PART]

SET
A

Duration: 3 hrs.

Full Marks: 70

(_Objective_)

Time: 30 min.

Marks: 20

Choose the correct answer from the following: *1×20=20*

1. How much RBC have been found to increase after an effective massage session?
   a. 10-15%
   b. More than 50%
   c. 3-7%
   d. 20-35%

2. The fixed point in axial suspension is?
   a. Vertically above the axis of the joint
   b. Vertically above the COG of the part
   c. Sideways to the anatomical axis
   d. Sideways to the COG of the part

3. Neural adaptataion of resistance exercise starts within how much period?
   a. 2 weeks
   b. 4 weeks
   c. 8 weeks
   d. 12 weeks

4. Which of the following muscle is not engage during rowing activity?
   a. Quadriceps
   b. Deltoid
   c. Abdominal muscle
   d. Pectoralis

5. What is the standard size (height) of a walker?
   a. 45-55inch
   b. 32-40inch
   c. 15-20inch
   d. None of the above

6. Which instrument uses gravity's effect on pointers and fluid levels to measure joint position and motion?
   a. Electrogoniometers
   b. Universal goniometers
   c. Inclinometers
   d. None of the above

7. Which of the following forms of massage can induce sedation?
   a. Stroking
   b. Kneading
   c. Centrifugal friction
   d. All of the above

8. Walking and jumping occurs in which plane?
   a. Transverse
   b. Sagittal
   c. Frontal
   d. Both (a) and (b)

9. What is the full form of principle SAID?
   a. Specific Adaptation to Impose Demand
   b. Special Adaptation to Improve Demand
   c. Special Adaptation to Impose Demand
   d. Specific Adaptation to Improve Demand

10. Nodding movement of head is the example of ....order lever.
    a. 1st
    b. 2ND
    c. 3rd
    d. 4th

11. How to measure height of any walking stick?
    a. Base of the stick 15cm outside the foot
    b. Handle height set at elbow height
    c. Base if the stick 25cm outside the foot
    d. Elbow should be flexed more than 45 degree

12. True shortening is measured from
    a. ASIS to medial malleolus
    b. Umbilicus to medial malleolus
    c. Xiphisternum to medial malleolus
    d. All of the above

13. In 1945 who invented resisted exercise technique?
    a. L Oxford
    b. DeLoram
    c. McQueen
    d. Morgan

14. During breathlessness in COPD and asthma which type of breathing exercise can be prescribed to patient as rescue exercise?
    a. Diaphragmatic breathing
    b. Segmental breathing
    c. Pursed lip breathing
    d. None of the above

15. Movement in pendular suspension takes place in which plane?
    a. Horizontal
    b. Incline plane
    c. Sagittal
    d. Frontal

16. For group therapy, maximum number of patients in group is about
    a. 4-6
    b. 6-8
    c. 8-10
    d. More than 10

17. Which of the following is not a contraindication of massage?
    a. Thrombosis
    b. Embolism
    c. Chronic pain syndrome
    d. Tumors

18. Range of motion is
    a. The amount of strength that occurs at a joint
    b. The amount of movement that occurs at a joint
    c. Both a and b
    d. None of the above

19. Balance board is indicated in all of the following except
    a. Proprioceptive training
    b. Core muscle training
    c. Kinestatic training
    d. Sensory integrity

20. Who invented suspension unit?
    a. Martin Charcot
    b. Silas Weir Mitchell
    c. John Hughlings Jackson
    d. Late Mrs Guthrie

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Descriptive

Time : 2 hrs. 30 min.   Marks : 50

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

1. Discuss in detail the classification, techniques and effects and uses of passive movements.   3+4+4 =10

2. Write a brief note on history of massage? Explain physiological effects of massage in details?   2+8=10

3. Explain Principles of resistance exercise? Discuss adaptation to various structure of human body after a period of resistance exercise? gait?   4+6=10

4. Describe the goals and guidelines for teaching breathing exercises. Write the types and advantages of segmental breathing exercises.   5+5=10

5. Discuss the parts and types of wheelchair with a suitable diagram? Define 3 point gait.   8+2=10

6. Explain the factors affecting relaxation. Discuss the techniques of general relaxation.   3+7=10

7. Elaborate on the suspension therapy apparatus. List out uses of axial and pendular suspension.   6+4=10

8. Write short note on :(*Any 2*)   5+5=10
   a. Orders of Lever
   b. Parallel Bar
   c. Method to check range of motion for Lumbar flexion

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[3]