

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

**SET
B**

[USE OMR SHEET FOR OBJECTIVE PART]

Duration: 3 hrs.

Full Marks: 70

(Objective)

Time: 30 min.

Marks: 20

1×20=20

Choose the correct answer from the following:

- For group therapy, maximum number of patients in group is about
 - 4-6
 - 6-8
 - 8-10
 - More than 10
- Movement in pendular suspension takes place in which plane?
 - Horizontal
 - Incline plane
 - Sagittal
 - Frontal
- How to measure height of any walking stick?
 - Base of the stick 15cm outside the foot
 - Handle height set at elbow height
 - Base if the stick 25cm outside the foot
 - Elbow should be flexed more than 45 degree
- What is the full form of principle SAID?
 - Specific Adaptation to Impose Demand
 - Special Adaptation to Improve Demand
 - Special Adaptation to Impose Demand
 - Specific Adaptation to Improve Demand
- True shortening is measured from
 - ASIS to medial malleolus
 - Umbilicus to medial malleolus
 - Xiphisternum to medial malleolus
 - All of the above
- In 1945 who invented resisted exercise technique?
 - L Oxford
 - DeLoram
 - McQueen
 - Morgan
- Which of the following is not a contraindication of massage?
 - Thrombosis
 - Embolism
 - Chronic pain syndrome
 - Tumors
- During breathlessness in COPD and asthma which type of breathing exercise can be prescribed to patient as rescue exercise?
 - Diaphragmatic breathing
 - Segmental breathing
 - Pursed lip breathing
 - None of the above

9. Balance board is indicated in all of the following except
 - a. Proprioceptive training
 - b. Core muscle training
 - c. Kinestatic training
 - d. Sensory integrity
10. 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
11. 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%
12. Who invented suspension unit?
 - a. Martin Charcot
 - b. Silas Weir Mitchell
 - c. John Hughlings Jackson
 - d. Late Mrs Guthrie
13. Neural adaptataion of resistance exercise starts within how much period?
 - a. 2 weeks
 - b. 4 weeks
 - c. 8 weeks
 - d. 12 weeks
14. 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
15. Walking and jumping occurs in which plane?
 - a. Transverse
 - b. Sagittal
 - c. Frontal
 - d. Both (a) and (b)
16. Nodding movement of head is the example oforder lever.
 - a. 1st
 - b. 2ND
 - c. 3rd
 - d. 4th
17. Which of the following forms of massage can induce sedation?
 - a. Stroking
 - b. Kneading
 - c. Centrifugal friction
 - d. All of the above
18. Which instrument uses gravity's effect on pointers and fluid levels to measure joint position and motion?
 - a. Electrogoniometers
 - b. Universal goniometers
 - c. Inclonometers
 - d. None of the above
19. What is the standard size (height) of a walker?
 - a. 45-55inch
 - b. 32-40inch
 - c. 15-20inch
 - d. None of the above
20. Which of the following muscle is not engage during rowing activity?
 - a. Quadriceps
 - b. Deltoid
 - c. Abdominal muscle
 - d. Pectoralis

(Descriptive)

Time : 2 hrs. 30 min.

Marks : 50

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

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| 11. 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)
a. Orders of Lever
b. Parallel Bar
c. Method to check range of motion for Lumbar flexion | 5+5=10 |

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