

**BACHELOR OF PHYSIOTHERAPY  
SIXTH SEMESTER  
ADVANCED EXERCISE THERAPEUTICS  
BPT – 605 OLD COURSE [SPECIAL REPEAT]  
[USE OMR SHEET FOR OBJECTIVE PART]**

**SET  
A**

Duration: 3 hrs.

Full Marks: 70

Time: 30 min.

**( Objective )**

Marks: 20

*Choose the correct answer from the following:*

*1×20=20*

- PNF techniques were developed by?  
a. Brunnstrom  
b. Carr & Shepherd  
c. Kabat & Knott  
d. James Ayres
- How many pads presents in push pull dynamometer?  
a. 7  
b. 3  
c. 1  
d. 2
- Backstroke in swimming is an example of?  
a. D2 flexion  
b. D1 flexion  
c. D1 extension  
d. None of the above
- In postural drainage vibration speed should be maintained at?  
a. 50-100 times/min  
b. < 100 times/min  
c. 100 times/min  
d. 100-480 times/min
- Ulnar nerve test done by  
a. ULTT 3  
b. ULTT 1  
c. ULTT 2  
d. None of the above
- Which breathing techniques commonly used in energy conservation method?  
a. Apical breathing  
b. Diaphragmatic breathing  
c. Pursed lip breathing  
d. Both a & b
- Which of the following is not a contraindication of postural drainage?  
a. Congestive heart failure  
b. Pulmonary embolism  
c. Myocardial infarction recent  
d. Ventilated Patient ICU
- Short term effects of exercise is/are?  
a. Decrease CO<sub>2</sub> removal  
b. Increase lactate production  
c. Decrease muscle temperature  
d. Both a & c
- How long Positive expiratory pressure can be given?  
a. Not more than 20 min  
b. Exactly 10 min  
c. Less than 15 min  
d. 1 hour

10. Manipulation in Maitland techniques denotes which grade?
  - a. Grade 1
  - b. Grade 2
  - c. Grade 3
  - d. Grade 5
11. PAR Q contains how many questions?
  - a. 3
  - b. 7
  - c. 10
  - d. 5
12. Mechanical diagnosis & therapy [MDT] was introduced by?
  - a. James Cyriax
  - b. G D Maitland
  - c. Robin McKenzie
  - d. James Ayres
13. The concept of continuous passive motion [CPM] was introduced by whom?
  - a. Robert B Salter
  - b. John Saringer
  - c. James Robert
  - d. McKenzie
14. Braggards test is perform to detect?
  - a. Stroke
  - b. Cervical myopathy
  - c. Multiple sclerosis
  - d. Lumbosacral radiculopathy
15. Standard size of Swiss ball used in PT practice is?
  - a. 90 cm
  - b. 65 cm
  - c. 35 cm
  - d. 30 cm
16. Benefits of Isokinetic exercise are
  - a. Prevents injury
  - b. Increase muscle flexibility
  - c. Controlled muscular development
  - d. All of the above
17. PNF techniques based on Sherrington's laws of successive induction?
  - a. Slow reversal
  - b. Contract relax
  - c. Hold relax
  - d. Both a & b
18. Muscle energy technique was introduced by?
  - a. Carr & Shepherd
  - b. Fred Mitchell
  - c. Brunnstrom
  - d. Cyriax
19. Hand to mouth movement is which patterns example of PNF?
  - a. D2 flexion
  - b. D1 extension
  - c. D1 flexion
  - d. D2 extension
20. Prone knee bending [PKB] test is to detect which nerve pathology?
  - a. Sciatic nerve
  - b. Gluteal nerve
  - c. Brachial plexus
  - d. Femoral nerve

-- --- --

**( Descriptive )**

Time : 2 hrs. 30 min.

Marks : 50

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

- |   |        |
|---|--------|
| 1. Explain Maitland mobilization technique in detail.                       | 10     |
| 2. Explain the principles & parameters of Isokinetic device.                | 10     |
| 3. Give a detail account on positional release technique.                   | 10     |
| 4. Explain the following topic:   | 5+5=10 |
| a) CPM device   |        |
| b) Dynamometer in physiotherapy practice                                    |        |
| 5. a) Principles of PNF   | 5+5=10 |
| b) Neurophysiologic mechanism of PNF  |        |
| 6. List out various bronchial hygiene techniques & explain any one of them. | 10     |
| 7. a) Pre-Exercise Screening methods in sports                              | 5+5=10 |
| b) A brief note on Exercise Prescription                                    |        |
| 8. Explain the following topics:  | 5+5=10 |
| a) Upper Limb Tension Test  |        |
| b) Slump Test   |        |

== \*\* ==