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Reg. No.....

Name.....

**BACHELOR OF PHYSIOTHERAPY (B.P.T.) DEGREE EXAMINATION
APRIL 2025**

Second Year

EXERCISE THERAPY

(2008 Admission Onwards–Last and Final Special Mercy Chance)

Time : Three Hours

Maximum : 100 Marks

Answer all questions

Part A

1. Write short notes on :

- (a) Anthropometric measurements.
- (b) Contract-relax technique.
- (c) Dynamic power test.
- (d) Muscle tone.
- (e) Crutch walking.
- (f) Active free exercises.

(6 × 5 = 30)

2. Discuss the principles, techniques, indications and contraindications of stretching exercises.

(10)

3. Explain the methods of testing neuromuscular efficiency with special reference to Manual Muscle Testing.

(10)

Part B

1. Write short notes on :

- (a) Functional re-education.
- (b) Hold-relax technique.
- (c) Co-ordination exercises.
- (d) Maitland mobilization.

Turn over





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(e) Recreational activities in physiotherapy.

(f) Apparent limb length measurement.

(6 × 5 = 30)

2. Describe the causes of impaired balance and discuss the assessment and treatment of balance disorders.

(10)

3. Explain the principles, equipment, indications and therapeutic uses of suspension therapy.

(10)

