



RAN-4002

Second Year B. Physiotherapy Examination

March / April - 2019

Exercise Therapy - II & Exercise Physiology

સૂચના : / Instructions

નીચે દર્શાવેલ નિશાનીવાળી વિગતો ઉત્તરવહી પર અવશ્ય લખવી.
Fill up strictly the details of signs on your answer book

Name of the Examination:

Second Year B. Physiotherapy

Name of the Subject :

Exercise Therapy - II & Exercise Physiology

Subject Code No.: 4 0 0 2

Seat No.:

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Student's Signature

Section 1

(40)

1. Describe the general and neurophysiological principles of PNF. Discuss Rhythmic initiation and slow dynamic reversal hold techniques. (10)

OR

1. Discuss the principles of coordination exercises. Discuss equilibrium and non-equilibrium testing.
2. Short notes (Any three out of four) (15)
 - a. Objective Assessment
 - b. Effect of aerobic exercise on cardiovascular system
 - c. Jacobson method of relaxation
 - d. Write down principles of MMT.
3. Very short notes (Any five out of six) (15)
 - a. Frenkels exercise
 - b. Precaution for balance training
 - c. Contract relax method
 - d. True limb length
 - e. Pelvic tilting
 - f. Bridging

Section 2

(40)

1. Describe the indications and contraindications of joint mobilization. Discuss mobilization techniques for the shoulder joint. **(10)**

OR

1. Define Stretching. Discuss various techniques of stretching. Describe determinants of Stretching.

2. Short Notes (any 3 out of 4) (15)

- a. Kaltenborn and Maitland grading system.
- b. Mechanics of posture
- c. Open & closed chain exercise
- d. Indications and contraindications of Passive movement.

3. Short Questions (any five out of six) (15)

- a. SAID principle
 - b. End feel
 - c. Concentric and Eccentric movement
 - d. Contraindications of spinal traction
 - e. Circuit weight training
 - f. Golgi tendon autoinhibition.
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