



GF-133004

Seat No. _____

Bachelor of Physiotherapy (Sem. III) Examination

March / April – 2019

**BPTOC - 304 : Foundation of Exercise Therapy and
Therapeutic Massage**

Time : 3 Hours]

[Total Marks : 80

Instructions :

1. Answer should be brief and to the point.
2. Illustrate answer with suitable diagrams
3. Figures to the right indicate full marks.

SECTION -1

- 1. LONG ANSWER (Any 1 out of 2)** **1x15=15**
 - A. Classify Movements. Explain in detail about Active movements.
 - B. What is Suspension therapy? Explain in detail about various types of Suspension, its effects and uses.
- 2. SHORT ANSWER (Any 3 out of 4)** **3X5=15**
 - A. Mechanical Advantage.
 - B. Types of Muscle contractions.
 - C. Measurement of True Limb length discrepancy.
 - D. Walking Aids.
- 3. VERY SHORT ANSWER (Any 5 out of 7)** **5x2=10**
 - A. Trendelenburg Gait
 - B. Delorme's shoe
 - C. Definition of Massage
 - D. Second order Lever
 - E. Anterior pelvic tilt
 - F. Friction Massage
 - G. Tidal Volume

SECTION -2

- 4. LONG ANSWER (Any 1 out of 2)** **1x15=15**
- A. Classify Massage. Write in detail about Massage to clear airway.
 - B. Write in detail about the indications and contraindications of Massage.
- 5. SHORT ANSWER (Any 3 out of 4)** **3X5=15**
- A. Effluerage
 - B. Derived positions of Sitting
 - C. Elbow Crutches
 - D. Kneading manipulations
- 6. VERY SHORT ANSWER (Any 5 out of 7)** **5x2=10**
- A. Tenting
 - B. Buoyancy
 - C. Measurement of Knee Flexion (By Goniometer)
 - D. End feels
 - E. Diaphragmatic breathing
 - F. Synovial Joints
 - G. Facial Massage
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