II B.P.Th. (New Course) Examination, October 2003
KINESIO MOVEMENT THERAPEUTICS AND THERAPEUTIC EXERCISE

Total Duration: Section A + B + C = 3 Hours

Sectin B & C Marks: 60

SECTION – B & SECTION – C

Instructions: 1) All questions are compulsory.
2) The numbers to the right indicate full marks.
3) Draw diagrams wherever necessary.
4) Answer each Section in the respective answer sheet only.
5) Answers written in the inappropriate sectional answer books will not be assessed in any case.

SECTION – B (Max. Marks = 30)

2. Answer any five out of six (3 marks each): (5x3 = 15)
   a) Cough mechanism
   b) Causes of In-coordination
   c) Thomas test
   d) Manual muscle testing for Brachioradialis
   e) Hysteresis
   f) Isokinetic exercise.

3. Answer any three out of four (5 marks each): (3x5 = 15)
   a) Static stability of Elbow Joint
   b) Trendelenburg sign
   c) Pursed lip breathing
   d) Preparation for crutch walking.

SECTION – B (Max. Marks = 30)

4. What is postural drainage? Mention the goals of postural drainage. Describe various manual techniques used during postural drainage therapy. State the relative contra indications to these manual techniques. (2+2+8+3 = 15)

5. Define contracture. Describe the different types of contractures. Describe the Hold-Relax technique of active inhibition stretching. State the precautions for the same. (2+5+5+3 = 15)

OR

What do you mean by Gait cycle? Describe the Sagittal Plane Analysis of stance phase of gait cycle. (1+14 = 15)