SECTION – B & SECTION – C

Instructions: 1) All questions are compulsory.
2) The number to the right indicates 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 book will not be assessed in any case.
6) Do not write anything on the blank portion of question paper. If written anything, such type of act will be considered as an attempt to resort to unfair means.

SECTION – B

2. Attempt any five out of six:  \( (5 \times 3 = 15) \)
   a) Contra indications to postural drainage.
   b) Describe elbow crutch \( \checkmark \) a neat diagram.
   c) Enumerate the PNF principles.
   d) Enumerate adaptation of the skeletal muscle to resistance exercise.
   e) Tests for in co-ordination.
   f) Contra indications to stretching.

3. Attempt any three out of four:  \( (3 \times 5 = 15) \)
   a) Give any five differences between open and close chain exercises.
   b) Principles of Frankle’s exercises.
   c) Uses of breathing exercises.
   d) Describe the gait-determinants.

SECTION – C

4. Describe the biomechanics of elbow joint.  \( (1 \times 15 = 15) \)

5. Define posture. Describe assessment of posture.  \( (1 \times 15 = 15) \)

OR

What are the causes of stiffness of a joint? How would you mobilize a stiff shoulder?  \( (1 \times 15 = 15) \)

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