Second B.P.Th. (Revised) Examination, May/June 2010
KINESIO THERAPY

Total Duration: Section A + B + C = 3 Hours
Section B & C Marks: 60

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) Do not write anything on the blank portion of the question paper. If written anything, such type of act will be considered as an attempt to resort to unfair means.

SECTION – B

2. Answer the following (any five out of six): (5×3=15)
   a) Mention the determinants of gait.
   b) Hold-Relax technique.
   c) Define 10 RM
   d) Mention the principles of strength training.
   e) Elasticity.
   f) Humidification.

3. Answer the following (any three out of four): (3×5=15)
   a) Pursed lip Breathing.
   b) Pre-crutch training.
   c) Frenkel’s exercise.
   d) Ballistic stretching.

SECTION – C

4. Describe the Sacroiliac articulations. 5
   Describe the various ligaments of Sacroiliac region and 6
   Describe symphysis pubis articulation. 4
   (5+6+4=15)

5. a) Write notes on:
   Manual muscle testing of Quadriceps muscle. 5
   Strength training of Quadriceps from strength grade 1 to grade 3. 5
   Progressive resistance exercise for Quadriceps. 5
   (5+5+5=15)

      OR

   b) Write a note on:
   Chest mobilisation exercises. 5
   Describe cough mechanism. 4
   Write a note on postural drainage for lingula. 6
   (5+4+6=15)