KINESIOTHERAPY

Total Duration: Section A + B = 3 Hours
Total Marks: 80

SECTION – A and SECTION – B

Instructions:
1) Use blue/black ball point pen only.
2) 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.
3) All questions are compulsory.
4) The number to the right indicates full marks.
5) Draw diagrams wherever necessary.
6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question Paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
7) Use a common answer book for all Sections.

SECTION – A
SAQ (50 Marks)

1. Short answer questions (any five out of six):
   (5×3=15)
   a) Enumerate different types of contracture.
   b) Describe the effects of purse lip breathing.
   c) Describe finger to nose test.
   d) Enumerate three causes of limitation of joint range of motion.
   e) Write on 1 RM and 10 RM.
   f) Enumerate principles of home based exercise program.

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Short answer questions (any five out of six):

a) Explain in detail stress-strain curve.

b) Describe the principles of Frenkel's exercises.

c) Describe mat exercises – Progression from supine to sitting.

d) Write on different types of crutch gait.

e) Discuss physiological effects, indications and contraindications of hydrotherapy.

f) Discuss principles of MMT and describe technique for MMT of Palmaris longus.

SECTION - B

LAQ (30 Marks)

3. Long answer question (any one out of two):

a) Describe principles and biophysical basis of stretching. Discuss hold – relax technique.

b) Define postural drainage and describe the principles of the same. Discuss the indications and contraindications for postural drainage.

4. Long answer question (any one out of two):

a) Define posture. Discuss evolution of posture in humans. Enumerate and discuss the factors affecting normal posture.

b) Describe principles of muscle strengthening. Discuss different regimes of Progressive Resisted Exercises.