SECTION – A & 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 answerbook for all Sections.

SECTION – A
(SAQ) (50 Marks)

1. Short answer question (any five out of six): (5x3=15)
   - a) [Hold relax technique]
   - b) Enumerate the types of traction.
   - c) Bridging.
   - d) Uses of home exercises.
   - e) 3 indications of breathing exercises.
   - f) Types of walking aids.

2. Short answer question (any five out of six): (5x7=35)
   - a) Write principles of hydrotherapy. Explain bad ragaz technique in detail.
   - b) Precrutch training.
   - c) Describe humidifiers and its types.
   - d) Explain 2 stretching techniques in detail.
   - e) Principles of manual muscle testing.
   - f) Explain principles of co-ordination.
SECTION – B
(LAQ) (30 Marks)

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

a) Define posture. Discuss standing posture. Write a note on physiological deviations seen in standing posture. (1+7+7)

b) Enumerate principles of strengthening. Discuss strengthening programme of quadriceps femoris from grade 0 to grade 5. (7+8)

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

a) Define postural drainage. Write down its indications and contraindications. Discuss postural drainage position for right side upper lobe with diagrams. (1+4+4+6)

b) Enumerate types of mobility. Discuss factors affecting mobility. Explain mobility exercises for shoulder flexion with diagrams. (3+4+8)