Second BPTH (2012) Examination, Summer (Phase - II) - 2019
KINESIO THERAPY

Total Duration : Section A + B = 3 Hours

Total Marks : 80

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 answer book for all sections.

SECTION - "A" SAQ (50 Marks)

1. Short answer question (any five out of six) : [5 × 3 = 15]

   a) State indications for Hydrotherapy.

   b) State indications of humidification.

   c) State measurement for Axillary Crutch.

   d) State contraindications for joint mobilization.

   e) Write mat activities in supine position.

   f) State sensory organization for Balance control.

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2. Short answer question (any five out of six):

(a) Describe Stress Strain Curve.

(b) What are the principles of Freckles exercises. How will you give the same for Upper Extremity.

(c) Describe the procedure of Diaphragmatic breathing exercise.

(d) Describe manual muscle testing procedure for Elbow flexors.

(e) Describe Progressive resisted exercises.

(f) Describe Ideal Posture in sagittal plane.

SECTION - “B” LAQ (30 Marks)

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

(a) Define Postural Drainage. Describe different position of Postural Drainage for lower lobe of bilateral lungs. State contraindications for Postural Drainage.

(b) Define Strengthening. Describe the principles of strengthening. Write in details the technique for strengthening of knee extensor from grade 0 to 5.

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

(a) Define stretching. Explain types of stretching. Describe various ways of Hamstring stretching.

(b) Define posture. Describe factors affecting posture. Write postural deviations seen in frontal view both anteriorly and posteriorly.