KINESIOTHERAPY

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

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):
   [5 × 3 = 15]
   a) Indications of joint mobility exercises.
   b) Factors affecting posture.
   c) Define balance & co-ordination.
   d) Indications of functional re-education.
   e) Measurement of axillary crutches.
   f) Active Cycle of Breathing Technique.

2. Short answer question (any five out of six):
   [5 × 7 = 35]
   a) Preparation for crutch walking.
   b) Physiological effects of hydrotherapy.
   c) Principles of frankel's exercises.
   d) Principles of home exercises.
   e) Types, effects & uses of Traction.
   f) Motor control.
3. Long answer question (any one out of two): \(1 \times 15 = 15\)
   a) Describe the principle and procedure of giving stretching exercises. Write in brief about stress strain curve.
   b) Define Strength, Power and Endurance. What are the principles of Muscle Strengthening. Describe about the Progressive Resisted Exercise.

4. Long answer question (any one out of two): \(1 \times 15 = 15\)
   a) Describe principles of manual muscle testing. Describe the procedure of testing muscle strength.
   b) Define Postural Drainage. Indications & Contraindications to Postural Drainage. Technique of application of Postural Drainage to lower lobes.