SECTION A & SECTION B

SECTION - A (50 Marks)

(SAQ)

1. Short answer question (any five out of six): (5x3=15)
   a) Define Strength, Power and Endurance.
   b) Enumerate the intervention strategies to improve motor control.
   c) Define Gait and Cadence.
   d) Explain Strengthening of triceps muscle from grade II to III.
   e) Enumerate any six precaution for joint mobilization.
   f) Enumerate different types of gait pattern for use of axillary crutches.

2. Short answer question (any five out of six): (5x7=35)
   a) Describe effects and uses of spinal traction.
   b) Write principles of home program and ergonomic advice for ADLs.
   c) Explain principles and techniques of Frenkels exercises.
   d) Define Humidification. Explain different types and methods of delivery of humidification.
   e) Define 1 RM. Explain Delorme and Watkins, Macqueen and Zinovieff protocols of Progressive Resisted Exercises.
   f) Define pre ‘walking aids’ training.
4. Long answer question (any one out of two)
   a) Describe the types of TENS with its parameters. Also write about its technique of application and contraindications.
   b) Explain the principle and production of interferential currents. Write in details the physiological effects and indications of the same. State the importance of four pole vector programme.