

**BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION  
Second Year**

**Revised Non-Semester Regulations**

**Paper III – EXERCISE THERAPY AND MASSAGE**

*Q.P. Code : 746216*

**Time : Three hours**

**Maximum : 100 marks**

**Answer All questions**

**Draw suitable diagrams wherever necessary**

**Section A and B must be answered in SEPARATE Answer Book**

**SECTION – A**

**(EXERCISE THERAPY)**

**I. Essays:**

1. Write down the different principles and laws related to hydrotherapy. What safety precaution you will adopt during hydrotherapy. **(15)**
2. Define passive movement. Explain in detail about its classification, principles, indications and contraindications effect and uses. **(10)**

**II. Short Notes:**

**(3 x 5 = 15)**

1. Determinants of gait.
2. Passive stretching.
3. Free exercises for shoulder joint.

**III. Short Answer:**

**(5 x 2 = 10)**

1. Shunt and spurt muscles.
2. Pulleys and springs.
3. Hold relax technique.
4. Third order of lever.
5. Tests for coordination.

**SECTION – B  
(MASSAGE)**

**IV. Essays:**

1. Describe briefly the physiological effects of massage on various systems. Discuss the important aspects of massage techniques. **(15)**
2. What are percussion manipulations. Describe the techniques, effects, uses and contra indications of hacking and clapping. **(10)**

**V. Short Notes:**

**(3 x 5 = 15)**

1. History of massage.
2. Neck massage.
3. Massage techniques for fingers.

**VI. Short Answer:**

**(5 x 2 = 10)**

1. Classification of manipulations.
2. Stroking.
3. Ironing.
4. Techniques used in respiratory system.
5. Pounding.

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**SECTION – A**

**(EXERCISE THERAPY)**

**I. Essays:**

1. Define free exercises, write its advantages, disadvantages, classification, technique, effect and uses. **(15)**

2. Define PNF and explain in detail about emphasis techniques. **(10)**

**II. Short Notes:**

**(3 x 5 = 15)**

1. Pelvic tilt.

2. Muscle Re-education.

3. Intrinsic foot muscle exercises.

**III. Short Answer:**

**(5 x 2 = 10)**

1. Idiotibial band tightness.

2. Goniometer.

3. Axis and plane.

4. Momentum.

5. Tension.

**SECTION – B**

**(MASSAGE)**

**IV. Essays:**

1. Describe kneading manipulation and its therapeutic application. **(15)**

2. Write a detailed note on the origin and history of massage. **(10)**

**V. Short Notes:**

**(3 x 5 = 15)**

1. Technique of giving effleurage for upper extremity.

2. Petrissage.

3. Massage lab.

**VI. Short Answer:**

**(5 x 2 = 10)**

1. Sequence for back massage.

2. Trippl response.

3. Define clapping.

4. Define hacking.

5. Circular kneading.

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**SECTION – A  
(EXERCISE THERAPY)**

**I. Essays:**

1. Define passive movements, its classification, principles, effect and uses, indications and contra indications. **(15)**
2. Write about the importance and principles of re-education of in co-ordination and about Frenkel's exercises. **(10)**

**II. Short Notes:**

**(3 x 5 = 15)**

1. Levers and levers in physiotherapy.
2. Endurance exercises.
3. Causes for muscle weakness or paralysis.

**III. Short Answer:**

**(5 x 2 = 10)**

1. Define posture.
2. Which part of the brain is affected in cerebellar ataxia.
3. How the magnitude of the force is represented.
4. Define Hooke's law.
5. Unstable equilibrium.

**SECTION – B  
(MASSAGE)**

**IV. Essays:**

1. Write in detail about all pressure manipulations, its effect and uses.

**(15)**

2. Describe in detail the various types of percussion manipulation. **(10)**

**V. Short Notes:**

**(3 x 5 = 15)**

1. Technic of friction, its effects and uses.
2. Lubricants in massage.
3. Indications and contra – indications for upper limb massage.

**VI. Short Answer:**

**(5 x 2 = 10)**

1. Two indications for back massage.
2. Classification of massage.
3. What technique is not used in facial massage?
4. Define skin rolling.
5. Stride stance.

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**ANSWER ALL QUESTIONS**

**Section A and B must be answered in SEPARATE Answer Book**

**Draw suitable diagrams wherever necessary**

**SECTION – A  
(EXERCISE THERAPY)**

**I. Essays:**

1. Describe indication for Joint Mobilization and demonstrate the techniques of Knee Joint Mobilization. **(15)**
2. Write in detail the treatment to increase muscle strength and function. **(10)**

**II. Short Notes :**

**(3X5=15)**

1. Oxford method of Manual Muscle Test.
2. Techniques of Relaxation.
3. Pulleys and Springs.

**III. Short Answers:**

**(5X2=10)**

1. Limb Length assessment.
2. Break Test.
3. Accessory Joint Motions.
4. Types of Goniometer.
5. Define a) Acceleration b) Synergists.

**SECTION – B  
(MASSAGE)**

**IV. Essays:**

1. Describe in detail about Massage techniques applied for Low Back region with list of indication and contraindication. **(15)**
2. Physiological effects of Massage on various systems of the Body. **(10)**

**V. Short Notes :**

**(3X5=15)**

1. History of Massage.
2. Ironing Manipulation.
3. Technique of friction, its effects and uses.

**VI. Short Answers:**

**(5X2=10)**

1. Treatment of Oedema.
2. Muscle Shaking
3. Rolling Manipulation.
4. Indications for Percussion Techniques.
5. Therapeutic uses of Essential oil.

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February 2011

[KY 1003X]

Sub. Code : 6216

**BACHELOR OF PHYSIOTHERAPY DEGREE EXAMINATION**

**Second Year Revised Non-Semester Regulations  
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*Q.P. Code : 746216*

**Time : Three hours**

**Maximum : 100 marks**

**ANSWER ALL QUESTIONS**

**Section A and B must be answered in SEPARATE Answer Book**

**Draw suitable diagrams wherever necessary**

**SECTION – A  
(EXERCISE THERAPY)**

**I. Essays:**

1. Explain the principles of treatment to increase strength and function of Hip flexors. (15)
2. Explain proprioceptive neuromuscular facilitation stretching techniques. (10)

**II. Short Notes :**

**(3X5=15)**

1. Progressive resisted exercise.
2. Explain the technique of general relaxation.
3. Explain the value and disadvantages of group exercise.

**III. Short Answers:**

**(5X2=10)**

1. Pelvic tilt.
2. Types of stretching.
3. Ranges of muscle work.
4. Purpose and uses of bridging.
5. Define assisted exercise.

**SECTION – B  
(MASSAGE)**

**IV. Essays:**

1. Describe the methods of application and effects of massage for Bell's palsy. (15)
2. Explain the general and local contraindications of massage. (10)

**V. Short Notes :**

**(3X5=15)**

1. Petrissage manipulation.
2. Effect of massage on the circulatory system.
3. Explain the stance of the therapist during massage.

**VI. Short Answers:**

**(5X2=10)**

1. Reinforced kneading.
2. Contact and continuity.
3. State the mechanical devices of massage.
4. Stimulating percussion techniques.
5. Stat the sequence of neck massage.

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**August 2011**

[KZ 6257]

Sub. Code : 6257

**BACHELOR OF PHYSIOTHERAPY EXAMINATION**

**SECOND YEAR**

**Paper III – EXERCISE THERAPY AND MASSAGE**

***Q.P. Code : 746257***

**Time : Three hours**

**Maximum : 100 marks**

**ANSWER ALL QUESTIONS**

**I. LONG ESSAYS**

**(2X20=40)**

1. Discuss how you will strengthen a weak quadriceps muscle having muscle Grade 1 to grade 3.
2. Compare and contrast passive movement with active movement and present it a tabular column/form.

**II. SHORT NOTES**

**(8X5=40)**

1. Describe the physiological effect and uses of the effleurage manipulation.
2. Explain the various types of levers with example in human body.
3. Give the scheme of exercises to strength intrinsic muscles of hand.
4. What is suspension therapy write down the therapeutic effects?
5. Describe the pathological gluteus medius weakness gait.
6. Self-Stretching with example.
7. Describe the technique of measuring girth of thigh using measuring tape.
8. Speed and Inertia.

**III. SHORT ANSWERS**

**(10X2=20)**

1. Axis and plane.
2. Goniometer and its types.
3. Lever.
4. Gravity.
5. Massage lubricants.
6. Buoyancy.
7. Springs.
8. Hip flexor tightness.
9. Static Vibrator.
10. Gait.

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February 2012

[LA 6257]

Sub. Code: 6257

**BACHELOR OF PHYSIOTHERAPY EXAMINATION**

**SECOND YEAR**

**Paper III – EXERCISE THERAPY AND MASSAGE**

*Q.P. Code : 746257*

**Time: Three Hours**

**Maximum: 100 marks**

**Answer ALL questions**

**I. Elaborate on:**

**(2X20=40)**

1. Define in-coordination. Write the causes and PT management for an in-coordination patient.
2. How will you prepare yourself and patients for massage? Give the indication and contra-indications before giving massage.

**II. Write notes on:**

**(8X5=40)**

1. Slow reversal.
2. Types of pathological gait.
3. Levers.
4. Intrinsic foot muscle exercises.
5. Sequence of massage technique for oedematous limb.
6. Kneading technique.
7. Knee joint massage.
8. Friction technique.

**III. Short Answers:**

**(10X2=20)**

1. Kin aesthetic sensation.
2. Savasana.
3. Involuntary movement.
4. Trendelenburg gait.
5. Saturday night palsy.
6. Hacking.
7. Rolling.
8. Neuroma pain.
9. Scar mobilization.
10. Accessories used in massage.

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