

TILAK MAHARASHTRA VIDYAPEETH, PUNE
BACHELOR OF PHYSIOTHERAPY (B. P. T.)

EXAMINATION : JUNE- 2021

SECOND YEAR

Subject: Exercise Therapy (BPT-204)

Date: 07/06/2021

Total Marks: 80

Time : 10.00 am to 1 .00 pm

Instruction:

- To answer the Multiple Choice Questions (MCQs) use the separate answer sheet provided by the Vidyapeeth.
- For answering the Multiple Choice Questions (MCQs) put the tick mark in the respective column.
A B C D
- Multiple Choice Questions (MCQs) are to be solved within first 20 minutes of the session.
- Return your answer sheet of Multiple Choice Questions (MCQs) when first 20 minutes' time is over.

SECTION - A

Q.1 Select the most appropriate option.

(20)

- In a pulley maximum resistance force is produced when the angle of pulley is
a) In line with the moving bone b) 90° to the moving bone c) 60° with moving bone d) 45° with the moving bone
- 2nd order lever is the lever of _____.
a) Stability b) Instability c) Speed d) Efficiency
- In normal standing, line of gravity passes _____ the knee joint.
a) In front of b) Behind c) Through d) Lateral to
- Forearm pronation range of motion is limited due to _____.
a) Bony contact b) Soft tissue approximation c) Soft tissue tension d) Tension of ligament
- Stretching is the _____.
a) Slow and sustained forced passive movement b) Sudden but controlled forced passive movement c) Relaxed passive movement d) Manipulation
- In Delorme's PRE the progression of 10 RM is made once in _____.
a) Daily b) Every Week c) Every fortnight d) Every month
- Glenohumeral anterior glide can improve
a) Extension range b) Flexion range c) Extension and external rotation d) Flexion and internal rotation range
- Vertical suspension is used for _____.
a) Relaxation b) Strengthening c) Stretching d) Proximal fixation
- Frenkel's exercises are devised to improve co-ordination by use of sight, sound and touch in case of ataxia due to _____.
a) a. Cerebellar lesion b) Loss of kinesthetic sensation c) Spastic paralysis d) Flaccid paralysis
- The correct sequence of stair climbing with a pair of axillary crutches is _____.
a) Crutches, affected leg, sound leg b) Affected leg, sound leg, crutches c) Sound leg, affected leg, crutches d) Crutches, sound leg, affected leg
- Trendelenburg's sign is said to be positive, when _____.
a) Sound side pelvic drop down, while standing on affected side b) Affected side down, while standing on sound side pelvis drop c) Sound side pelvis elevated, while standing on affected side d) None of the above

12. _____ muscle is known as decelerator in normal human locomotion.
 a) Iliopsoas b) Gastro-soleus c) Hamstring d) Quadriceps
13. Normal carrying angle is _____.
 a) 0 - 20° b) 0 - 30° c) 0 - 10° d) 0 - 40°
14. The arthrokinematics of shoulder flexion is _____.
 a) Roll and slide along joints longitudinal diameter b) Roll and slide along transverse diameter c) Spin movement of articular surface d) A roll of the articulating surface
15. If the scapula is positioned more towards the c7 then there is
 a) Shortness of trapezius b) Shortness of trapezius + levator scapulae & rhomboids c) Shortness of rhomboids & levator scapulae d) Shortness of trapezius & levator scapulae
16. Commonest direction of patellar dislocation
 a) Lateral b) Inferior c) Medial d) Superior
17. Protraction and retraction of TM joint occur when _____.
 a) Temporal condyle and disc move b) mandibular condyle and the disc move c) temporal condyle move d) mandibular condyle move
18. Closed pack position of knee joint is
 a) Flexion b) Medial rotation c) Lateral rotation d) Extension
19. Gliding of femur in weight bearing knee flexion occurs in
 a) Anterior gliding b) Posterior gliding c) Anterior rolling d) Posterior rolling
20. Locking of knee joint done by _____.
 a) popliteus muscle b) Rectus femoris c) Gastrocnemius d) None of the above

SECTION – B

Q.2 Answer the following. (any five) (15)

- 1) Cough mechanism
- 2) Frankel's exercises
- 3) Concave-convex rule for joint mobilization
- 4) Humidification
- 5) Contraindications for stretching
- 6) Grades of Manual Muscle Testing

Q.3 Answer the following. (any three) (15)

- 1) Determinants of gait
- 2) Active cycle of breathing exercises
- 3) Principles of Proprioceptive neuromuscular facilitation techniques
- 4) Scapulo-Humoral rhythm

SECTION – C

Q.4 Write Bio-mechanics of knee joint. (15)

Q.5 Define Postural drainage. Describe various manual techniques used during postural drainage. State indications, contraindications and relative contraindications to manual techniques. (15)

OR

Q.5 Define ideal posture. Describe different types of abnormal posture. (15)