

**TILAK MAHARASHTRA VIDYAPEETH, PUNE**  
**BACHELOR OF PHYSIOTHERAPY (B. P. T.)**  
**EXAMINATION : MARCH - 2023**  
**SECOND YEAR**  
**Subject: Kinesiotherapy (BPT- 21205)**

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**Date: 10/03/2023**

**Total Marks: 80**

**Time: 2.00 pm to 5.00 pm**

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**SECTION – A**

**Q.1 Answer the following questions in short (Any five) (15)**

- a. Define stress and strain.
- b. Indications of cervical traction.
- c. 3 types of trick movements with example.
- d. Enlist contra-indications for hydrotherapy.
- e. Brief about 1 Repetition Maximum (1RM).
- f. Define effects and uses of spinal traction.

**Q.2 Answer the following questions (Any Five) (35)**

- a. Pursed lip brathing.
- b. Enlist causes for limited joint mobility.
- c. State various types of nebulizers.
- d. What is Delayed Onset of Muscle Soreness.
- e. Write principles of home program and ergonomic advice for ADL's.
- f. Define humidification. Explain it with different types and methods of delivery.

**SECTION – B**

**Q.3 Answer the following questions in detail (Any one) (15)**

- a. Define strength, endurance and power. What are the factors influencing strength of normal muscle? Describe principles of strength training.
- b. Define coordination and balance. Describe Frenkels exercises in detail.

**Q.4 Answer the following questions in detail (Any one) (15)**

- a. What is postural drainage (PD)? Write a note on goals and indications and contra-indications for postural drainage. Explain in detail PD for right and left upper lobe with proper diagram.
  - b. Explain the types of contracture. Add a note on determinants, types and effects of stretching.
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