

JAMIA HAMDARD
DEPARTMENT OF PHYSIOTHERAPY
SCHOOL OF NURSING SCIENCES & ALLIED HEALTH

BPT 2nd YEAR, ANNUAL EXAMINATION, MAY 2023
EXERCISE AND MANUAL THERAPY (THEORY)
PAPER CODE: BPT – 268

Time: 3 hours

Maximum Marks: 75 Marks

(Write your Roll No. on top of the paper immediately)

Note: (i) Attempt ALL questions
(ii) Choices are mentioned wherever applicable
(iii) Parts of a question must be answered together
(iv) Draw diagrams wherever necessary
(v) Give examples wherever necessary

SECTION – A

Very Short Answer Questions (All are compulsory)

(15 × 1 Mark = 15 Marks)

- Q1. What are muscle energy techniques?
- Q2. What is respiratory muscle training?
- Q3. What are bed rest complications?
- Q4. Enlist the biomechanical principles of manual therapy?
- Q5. Enlist the principles of peripheral joint mobilization?
- Q6. What are factors responsible for balance?
- Q7. What are therapeutic uses of hydrotherapy?
- Q8. What is postural assessment?
- Q9. What are Frenkel's exercises?
- Q10. What is PNF?
- Q11. Differentiate between Mulligan and McKenzie technique
- Q12. What are causes of joint range limitation?
- Q13. What are basic yogic postures?
- Q14. What are characteristics of good crutch?
- Q15. Differentiate between hydrostatics and hydrodynamics

SECTION - B

Answer any **THREE** of the following:

(3 × 10 Marks = 30 Marks)

- Q1. Write definition and mechanism of neuromuscular co-ordination. What are causes of in-coordination?
- Q2. Define posture; write about types of posture, postural mechanisms and postural abnormalities in sagittal and coronal planes.
- Q3. Define manual therapy, mobilization and manipulation. Describe various types of manual therapy techniques.
- Q4. Describe principles and application of goniometry, write measurement of ROM of the wrist joint.

SECTION - C

Answer any **TWO** of the following:

(2 × 15 Marks = 30 Marks)

- Q1. Describe theories of motor control and motor learning and their practical implication; write about different strategies used to enhance motor learning.
- Q2. Describe massage manipulations. Differentiate between physiological and therapeutic effects of various massage manipulations on various systems of body.
- Q3. Describe principles and application of manual muscle testing, write grading of muscles of the anterior and posterior compartment of thigh.
- Q4. Define gait, what are phases and sub-phases. Describe determinants and variables of gait.
