

No. of Printed Pages: 3

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SCHOOL OF NURSING SCIENCES & ALLIED HEALTH**

BPT 2nd YEAR, ANNUAL EXAMINATION, MAY 2024

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)

All sections are compulsory. Draw diagrams wherever necessary. Give examples wherever necessary.

SECTION – A

Multiple Choice Questions (All are compulsory)

(15 × 1 Mark = 15 Marks)

Q1. Mobilization is defined as:

- a) Passive, skilled manual therapy techniques.
- b) Active exercises
- c) Active assisted mobilization techniques.
- d) None of the above

Q2. Sliding is in the _____ direction of the angular movement of the bone if the moving joint surface is convex. Sliding is in the _____ direction as the angular movement of the bone if the moving surface is concave.

- a) Opposite, Same Parallel
- b) Same, Opposite
- c) Perpendicular
- d) Perpendicular, Parallel

Q3. MMT Grade 5 is:

- a) No movement, no contraction.
- b) Partial completion of range of motion in against gravity plane.
- c) Full ROM against maximal resistance.
- d) Full ROM against maximum resistance.

Q4. Grade III: Large-amplitude rhythmic oscillation _____.

- a) Performed within the range, not reaching the limit.
- b) Performed at the beginning of the range.
- c) Performed up to the limit of the available motion and are stressed into the tissue Resistance.
- d) Performed to snap adhesions at the limit of the available motion.

Q5. Indication for Humeroulnar Distal Glide:

- a) To increase flexion
- b) To increase extension
- c) To increase pronation.
- d) To increase supination

Q6. What is the position of MMT of abdominal muscle?

- a) Supine
- b) Prone
- c) Side lying
- d) All of the above

Q7. Buoyancy in water _____ gravity.

- a) Eliminates
- b) Increase
- c) No effect
- d) All of the above

Q8. Hydrotherapy is useful in

- a) Polio
- b) Stroke
- c) Burns
- d) All of the above

Q9. Deep breathing Exercises is a form of

- a) Relaxed Exercise
- b) Active Resisted Exercises
- c) Passive Exercises
- d) None of the above

Q10. Following structure is responsible for coordination

- a) Cerebellum
- b) Basal ganglia
- c) Spinal cord
- d) Mid brain

Q11. Frenkel's exercise are used for

- a) Strengthening
- b) Stretching
- c) Coordination
- d) None of the above

Q12. Physiological effects of water

- a) Cleansing effect
- b) Endurance
- c) Strengthening
- d) None of the above

Q13. Which among the following is not a Petrissage:

- a) Clapping
- b) Hacking
- c) Kneading
- d) Pounding

Q14. Which among the following does not help in posture control.

- a) Eyes
- b) Ears
- c) Mechanoreceptors
- d) None of the above

Q15. During Yoga, Breathing should be:

- a) Fast
- b) Cautious
- c) Deep
- d) Normal

SECTION - B

Answer any **THREE** of the following:

(3 × 10 Marks = 30 Marks)

- Q1.** Define massage therapy. Write briefly about the physiological and therapeutic effects of Kneading technique.
- Q2.** Define postural drainage. Explain its indication and contraindications.
- Q3.** Write down the theories of motor control.
- Q4.** Write down the factors affecting motor learning. Write a note on feedback and its types.

SECTION - C

Answer any **TWO** of the following:

(2 × 15 Marks = 30 Marks)

- Q1.** Write down the bio-mechanical principles of manual therapy. write about the concepts of Mulligan and McKenzie technique of manual therapy
- Q2.** Define gait cycle. Write down the determinants and variable of gait cycle.
- Q3.** Write short notes on the following:
 - a) Uses of goniometry
 - b) MMT of Quadriceps Femoris
 - c) 3-point Gait
