

Bachelor in Physiotherapy - 2nd Year (B.P.T.)
(Batch 2022-26)
(2524)

Paper-IV: Exercise Therapy-II

Time Allowed: 3 hrs.

Max. Marks: 100

Attempt five questions one question from each section and attempt fifth question from any section. Each question carries equal marks.

SECTION A

1. Explain about functional re-education techniques along with its uses in bed ridden patients. (20)
2. A female patient age 50 years having pain in antero-medial aspect of knee joint there is no history of trauma, swelling is present at site, in x-ray decrease joint space and osteophytes are present. Write assessment of the patient. (20)

SECTION B

3. Classify the various phases of gait along with gait deviations in detail. (20)
4. Write a note postural abnormalities. (20)

SECTION C

5. Explain about physiological effects of hydrotherapy & its contraindications. (20)
6. Describe the principles of hydrotherapy along with equipment's used in hydrotherapy. (20)

SECTION D

7. Define traction, its types, techniques of applications & its indications. (20)
8. Explain about of grades of mobilization, its indications & hip posterior glide. (20)

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Sr.No.7964

Exam Code: 106702

Subject Code : 1041

**Bachelor in Physiotherapy - 2nd Year (B.P.T.) (Batch 2021-25)
(2523)**

Paper-IV : Exercise Therapy-II

Time allowed: 3 hrs.

Max. Marks: 100

Attempt five questions one question from each section and attempt fifth question from any section. Each question carries equal marks.

SECTION A

- 1) A male patient of age 50 years having pain in L4-L5 level, after lifting weight swelling and spasm is present at site in x-ray there is decrease joint space and osteophytes are present, radiating pain is present in right leg. Write the assessment of patient. 20 Marks
- 2) Define therapeutic exercises. Explain its classification, therapeutic effects and contraindications 20 Marks

SECTION B

- 3) Explain in detail about types of walking aids and its indications. 20 Marks
- 4) Describe about gait deviations and its management. 20 Marks

SECTION C

- 5) Describe about principles of hydrotherapy and its applications for improving flexibility of cervical spine and thoracic spine. 20 Marks
- 6) Explain about the types of hydrotherapy equipments in detail. 20 Marks

SECTION D

- 7) What are mobilizations? Write about grades of mobilization, indications. Describe about hip joint posterior & anterior glide. 20 Marks
- 8) Define PNF. Explain indications of PNF and techniques for D1 flexion & D1 extension pattern for upper extremity. 20 Marks

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Sr.No.8016

2025-0143719

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Exam Code: 106702
Subject Code : 001041

Bachelor in Physiotherapy - 2nd Year (B.P.T.) (Batch 2023-27)
(2525)

Paper-IV: Exercise Therapy-II

Time allowed: 3 hrs.

Max. Marks: 100

Attempt five questions at least one question from each section and fifth question may be attempted from any section. Each question carries 20 marks.

SECTION A

1. A female aged 50 years having pain in antero-medial aspect of knee joint, swelling is positive, pain aggravate on stair climbing and cross-leg sitting write assessment of patient. (20)
2. Write a note on functional re-education. (20)

SECTION B

3. a) Explain about normal gait & its components. (10+10)
- b) Write in detail about gait deviations. (20)
4. Describe in detail about various walking aids. (20)

SECTION C

5. Explain about physiological effects of Hydrotherapy & its contraindications. (20)
6. Describe about principles of hydrotherapy. Discuss types of hydrotherapy equipments. (20)

SECTION D

7. a) Explain about grades of mobilization. Write about caudal glide for shoulder joint in detail.
- b) Describe about Proprioceptive Neuromuscular Facilitation pattern of D2 flexion for upper extremity. (10+10)
8. Describe about assessment and Muscle Energy Technique for tight gastrocnemius and soleus. (20)

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