

Class : II UG
Major : BPT

Time: 2 hours
Max. Marks: 60

22BPTC19– Exercise Therapy-II

Course Outcomes

- CO1: Knowledge about the fundamentals of muscle and joint function
CO2: Gain knowledge on various muscle grading
CO3: Understand the active and passive movements of each joint
CO4: Learn practical knowledge on passive movement, passive stretching and resisted exercise
CO5: Understand and illustrates practical knowledge on muscle grading, muscle re-education and joint mobilization

Part A

Choose the correct answer

6x1=6

1. What is a common cardiovascular risk associated with prolonged bed rest CO3K1
a) Increased heart rate b) Decreased blood pressure
c) Increased risk of deep vein thrombosis (DVT) d) Elevated oxygen saturation
2. For suspension therapy patient should have minimal muscle power of CO2K1
a. 1 b. Less than 2 c. 3 d. 2
3. How does prolonged bed rest impact the respiratory system CO3K1
a) It increases lung capacity.
b) It can lead to decreased lung expansion and increased risk of pneumonia.
c) It enhances ventilation.
d) It reduces the production of mucus.
4. Which part of the brain is primarily responsible for coordination of voluntary movements CO4K1
a) Cerebrum b) Cerebellum c) Medulla Oblongata d) Thalamus
5. Temperature often plays a role in hydrotherapy as does CO2K1
a. Water pressure b. Elevation c. Time d. training
6. the muscle group which plays a significant role in maintaining proper posture by supporting the spine during standing and sitting CO2K1
a) Gluteus muscles b) Trapezius and erector spinae
c) Biceps and triceps d) Abdominals and quadriceps

Part – B

Answer the following

Answer should not exceed 400 words or two pages

3x6=18

7. a. Describe hazards of bed rest (or) CO3K1
b. Describe the steps to be followed for shoulder flexion and extension in suspension CO2K2
8. a. Explain postural deformities (or) CO2K2
b. Explain Inco- ordination – Definition, causes and its management CO4K2
9. a. Explain the steps to be followed for hip in suspension (or) CO3K1
b. Explain instruction given for the patient CO3K1

Part C

Answer the following

3 x 12 = 36

Answer should not exceed 800 words or four pages

10. a. Explain Individual & Group exercises – principles (or) CO3K1
b. Explain principles of hydrotherapy CO2K2
11. a. Explain principles, procedure and types of suspension and explain procedure for knee joint suspension (or) CO2K2
b. Explain goniometry, types and procedure CO2K2
12. a. Explain scheme of exercises (or) CO3K2
b. Explain static and dynamic balance CO4K2

Copies : 40

NAME OF THE STAFF: Aathisha.C.S