Avinashilingam Institute for Home Science and Higher Education for Women

Deemed to be University Estd. u/s 3 of UGC Act 1956, Category 'A' by MHRD (now MoE)
Re-accredited with 'A++' Grade by NAAC. CGPA 3.65/4, Category I by UGC
Coimbatore - 641 043, Tamil Nadu, India

Bachelor's Degree Examination – May 2025
IV Semester

Class : II UG **Time: 3 Hours**
Major : Physiotherapy **Max. Marks: 100**

22BPTC19 Exercise Therapy-II

Course Outcome:
On the successful completion of the course, students will be able to
CO1: To gain knowledge on joint range and their measurements
CO2: Understand posture, movement retraining, and balance and co ordination.
CO3: Evaluate the pathological gait and use of different mobility aids
CO4: knowledge about the basic information on therapeutic massage and its effect on different systemsof the body.
CO5: Learn the demonstration of face, neck, back, upper limb, lower limb massage and suspension therapy.

Part A **10 x 1 = 10**
Choose the Correct Answer

1. The patient abnormally raises his leg (high step) jerks it forward to strike the ground with stamp is CO1 K1
   a. Reeling gait b. Stamping gait
   c. Festinate gait d. Shuffling gait

2. The amount of time that elapses during the stance phase of one extremity in a gait cycle is CO1 K1
   a. stance time b. double support time
   c. single support time d. stride duration

3. linear distance from the heel strike of one to the next heel strike of opposite limb CO1 K1
   a. Stance time b. Double support time
   c. Step length d. Stride length

4. For suspension therapy patient should have minimal muscle power of CO2 K1
   a. 1 b. Less than 2
   c. 3 d. 2

5. Elbow crutch measurement taken from ulnastyloid process with CO1 K1
   a. elbow 20-30^0 flexion b. elbow 20-30^0 extension
   c. internal rotation d. external rotation

6. Temperature often plays a role in hydrotherapy as does CO2 K1
   a. Water pressure b. Elevation
   c. Time d. Training

7. Frenkel's Exercise is particularly beneficial for individuals with CO4 K2
   a. Joint pain b. Cardiovascular diseases
   c. Respiratory issues d. None of the above

8. Hormone that commonly associated with the relaxation response induced by massage CO5 K3
   a. Cortisol b. Endorphins
   c. Insulin d. Adrenaline

9. Primary physiological effects of massage CO5 K3
   a. Increased heart rate b. Decreased blood circulation
   c. Reduction of muscle tension d. Weakening of the immune system

10. Stroking manipulations in massage therapy involve CO5 K2
   a. Rapid, rhythmic movements b. Slow, gentle movements
   c. Firm pressure applied with knuckles d. Stretching techniques

Part B **5 x 6 = 30**

Answer ALL questions

Each answer should not exceed 400 words or two pages

11.a. Describe control of co-ordination.	CO4 K1
(or)	
11.b. Describe the circulatory effects in massage.	CO5 K2
12.a. Explain pre-crutch training.	CO1 K2
(or)	
12.b. Explain indications and contraindications of hydrotherapy.	CO2 K2
13.a. Explain indication and contraindication for massage.	CO5 K2
(or)	
13.b. Explain inco-ordination- definition and causes.	CO3 K2
14.a. Explain goniometer types, procedure ,selection and position of the patient.	CO3 K1
(or)	
14.b. Explain stair climbing by using crutch.	CO1 K1
15.a. Explain re-education for balance.	CO4 K1
(or)	
15.b. Write a note on normal and abnormal posture.	CO2 K1

Part C **5 x 12 = 60**

Answer ALL questions

Each answer should not exceed 800 words or four pages

16.a. Explain in detail frenkel exercise.	CO4 K1
(or)	
16.b. Explain the techniques used in massage.	CO5 K2
17.a. Explain principles, procedure and types of suspension.	CO2 K2
(or)	
17.b. Explain types of pathological gait. Add a note on hemiplegic gait and ataxic gait.	CO1 K2
18.a. Explain individual and group exercise principles.	CO3 K2
(or)	
18.b. Explain types of manipulation technique in massage.	CO5 K2
19.a. Explain balance static and dynamic.	CO4 K2
(or)	
19.b. Explain hazards of bedrest.	CO5 K2
20.a. Explain gait pattern of crutch walking non-weight bearing and partial weight bearing gait.	CO1 K2
(or)	
20.b. Explain in detail the gait cycle.	CO1 K1

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