



RAN - 2106000302030002

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**S.Y. B. Physiotherapy Examination September - 2023**

**Exercise Therapy - II and Exercise Physiology**

**सूचना : / Instructions**

(१)

नीचे दशविले निशानीवाणी विगतो उत्तरवली पर अवश्य लपववी.  
**Fill up strictly the details of signs on your answer book**

Name of the Examination:

**S.Y. B. Physiotherapy**

Name of the Subject :

**Exercise Therapy - II and Exercise Physiology**

Subject Code No.: **2106000302030002**

Seat No.:

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Student's Signature

**SECTION - I (40 marks)**

**Q-1** Define Frenkle's exercise. Discuss in detail about its principles and techniques in detail. **(10)**

**OR**

**Q-1** Define mobilization. Write its indications and contraindications. Discuss mobilization techniques for knee joint in detail.

**Q-2** **Short notes. (Any three out of four)** **(15)**

1. Manual techniques used in postural drainage.
2. Laura Mitchell technique for relaxation
3. Lever
4. Principles of fitness

**Q-3** **Very short notes. (Any five out of six)** **(15)**

1. Indications and contraindications for balance training.
2. Non equilibrium tests for coordination
3. Maitland grades of mobilization.
4. Differences between aerobic and anaerobic exercise.
5. Diaphragmatic breathing exercise.
6. LLD

**SECTION - II (40 marks)**

**Q-1** Define PRE & Explain in detail about any two techniques of PRE with its significance. (10)

**OR**

Define PNF & Explain its principles in detail .Discuss D<sub>2</sub> pattern for Lower Limb.

**Q-2** **Short notes. (Any three out of four)** (15)

1. Stress-Strain Curve.
2. Cervical Traction.
3. Principles of Mat Exercise.
4. Multiple angle isometrics.

**Q-3** **Very short notes. (Any five out of six)** (15)

1. Buoyancy.
2. Oxford grading system for MMT.
3. DOMS.
4. Tools used in Hydrotherapy.
5. Factor influencing posture.
6. Types of Stretching.

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