

**Second B.P.TH. (2012) Examination, Winter - 2023 (Phase - II)**  
**KINESIOTHERAPY**

Total Duration : 3 Hours

Total Marks : 80

- Instructions :**
- 1) Use **black** ball point pen only.
  - 2) **Do not** write anything on the **blank portion of the question paper.** If written anything, such type of act will be considered as an attempt to resort to unfair means.
  - 3) **All** questions are **compulsory.**
  - 4) The number to the **right** indicates **full** marks.
  - 5) Draw diagrams **wherever** necessary.
  - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
  - 7) Use a common answerbook for all sections.

**Section "A" SAQ (50 Marks)**

1. Short answer question (**any five** out of six) : **[5 × 3 = 15]**
- a) Causes of joint stiffness.
  - b) Write the definition of 1RM & 10RM.
  - c) Concave-Convex rule.
  - d) Normal Breath Sound.
  - e) Enumerate different types of contractures.
  - f) Oxford classification of Manual Muscle Testing

**51214**

2. Short answer question (**any five** out of six) :

[5 × 7 = 35]

- a) Frenkel's Exercise.
- b) Physical properties of water
- c) Write the technique to increase the shoulder abduction range.
- d) Mat exercises- Progression from sitting to standing
- e) Autogenic Drainage.
- f) Explain different types of crutch gait.

**Section "B" LAQ (30 Marks)**

3. Long answer question (**any one** out of two) :

[1 × 15 = 15]

- a) Define flexibility. Write in detail different types of stretching.
- b) Write goals of Breathing exercises. Describe in detail about Pursed-lip breathing with effect and uses.

4. Long answer question (**any one** out of two) :

[1 × 15 = 15]

- a) Describe optimal posture. Analyse the optimal alignment of posture in saggital plane.
- b) Define Gait. Write gait cycle and measurable parameters.



**Second B.P.Th. (2012) Examination, Winter - 2022**  
**KINESIOTHERAPY**



Total Duration : Section A+B = 3 Hours

Total Marks : 80

**SECTION - A & SECTION - B**

- Instructions :**
- 1) Use **blue/black** ball point pen only.
  - 2) **Do not write anything on the blank portion of the question paper.** If written anything, such type of act will be considered as an attempt to resort to unfair means.
  - 3) **All questions are compulsory.**
  - 4) The number to the **right** indicates **full marks.**
  - 5) Draw diagrams **wherever** necessary.
  - 6) Distribution of syllabus in Question Paper is only meant to cover entire syllabus within the stipulated frame. The Question paper pattern is a mere guideline. Questions can be asked from any paper's syllabus into any question paper. Students cannot claim that the Question is out of syllabus. As it is only for the placement sake, the distribution has been done.
  - 7) Use a common answerbook for **all** sections.

**SECTION- "A" SAQ (50 Marks)**

1. Short answer questions (**any five** out of six): **[5×3=15]**
  - a) Modulus of elasticity
  - b) Trick movements
  - c) Isokinetic contraction
  - d) Characteristics of good posture
  - e) Three parameters of gait
  - f) Define muscle strength, muscle power and muscle endurance
  
2. Short answer questions (**any five** out of six): **[5×7=35]**
  - a) Describe the measurement of crutches. Explain the types of crutch walking.
  - b) Discuss about Progressive resisted exercises.
  - c) Write down assessment of erect standing posture in sagittal plane