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SARDAR PATEL UNIVERSITY

**F.Y. BPT EXAMINATION
EXERCISE THERAPY I (MASSAGE & MANIPULATION)**

Date: 8th January 2014

Max Marks: 80

Time: 3 Hours (10.30 am To 1.30 pm)

SECTION II

Long Answers (15 Marks)

1. Define massage. Write down the classification of it and explain about kneading technique.
OR
2. What is Starting position? Write in detail about any two starting position.

Short Answers (15 Marks, No Option)

1. Newton's Laws of Motion
2. Compare oxford and delorme technique of PRE.
3. Hydrotherapy – Indication & Contraindication
4. Effect and uses of Kneeling position
5. Define Work And Power.

SECTION III

Long Answers (15 Marks)

1. Write in detail about goniometry. Describe how will you measure ROM for shoulder joint.
OR
2. Define suspension. Explain application of suspension therapy to increase hip abduction ROM.

Short Answers (15 Marks, No Option)

1. Anatomic Lever
2. Pelvic Tilt
3. Home Exercises.
4. Benefits of Group Exercises.
5. Types of Muscle work