

## MAHARASHTRA STATE BOARD OF VOCATIONAL EDUCATION EXAMINATIONS, MUMBAI

Examination—April, 2016 (Two Year Diploma Courses)

GROUP – PARAMEDICAL

[TIME ALLOWED—3 HOURS]

(MARKS—100)

**ELECTROTHERAPY, BIOMECHANICS AND EXERCISE THERAPY  
(THEORY)**

Marks

1. (a) Fill in the blanks (any five):— 05

(i) Long form of IFT .....

(ii) ..... is the neuromuscular coordination exercise.

(iii) Ultrasound is commonly use in ..... condition.

(iv) Cryotherapy is useful in decrease .....

(v) Postural drainage is useful in ..... condition.

(vi) Parallel bar is useful in ..... training.

(b) State true or false (any five):— 05

(i) Ultrasound is contra-indicated in open wound.

(ii) Knee joint is a ball and socket joint.

(iii) Shoulder joint is Hinge joint.

(iv) Paraffin wax bath is useful in open wound.

(v) TENS is a low frequency current.

(vi) Faradic &amp; Galvonic currents are low frequency currents.

(c) State or define in one sentence (any five):— 05

(i) Physiotherapy

(ii) Long form of CPM

(iii) Long form of US

(iv) Long form of SUD

(v) Define Active Movement

(vi) Long form of PNF.

(d) Match the following (any five):— 05

'A' Group

'B' Group

(i) Low frequency current

(a) IFT

(ii) Medium frequency current

(b) SWD

(iii) High frequency of current

(c) TENS

(iv) Shoulder wheel

(d) Knee ROM exercises

(v) Breathing exercise

(e) Shoulder exercises

(vi) CPM

(f) Thorasic expansion.

[Turn over]

2. Attempt the following (any two) :—

16

- (a) Define Gait and states of gait in details.
- (b) Explain in details starting position.
- (c) Explain in details passive movements and principle effects and uses.
- (d) Explain TENs.

3. Attempt the following (any two) :—

16

- (a) Definition of posture and its classification.
- (b) Explain in details Frenkel's exercise.
- (c) Explain methods of heating tissues.
- (d) Write down difference between low frequency, current and medium frequency currents.

4. Write in detail about the following (any two) :—

16

- (a) Write in details of Suspension Therapy.
- (b) Write in detail about Breathing Exercise.
- (c) Define force and explain levers of the body.
- (d) Explain aims of exercise therapy and techniques in detail.

5. Write short note on the following (any four) :—

16

- (a) Explain Axis and Planes.
- (b) Explain walking Aids with diagrams.
- (c) Definition of stretching and effects and uses.
- (d) Cryotherapy.
- (e) Indication and contra-indication of SWD.
- (f) Massage.

6. Attempt the following (any two) :—

16

- (a) Write down postural drainage in details.
- (b) Explain proprioceptive Neuromuscular fascilitation and its effects and uses.
- (c) Relaxation and techniques of general and local relaxation. Explain.
- (d) Explain Active movements and its classification effects and uses.