

TILAK MAHARASHTRA VIDYAPEETH, PUNE
BACHELOR OF PHYSIOTHERAPY (B. P. T.)
EXAMINATION : JANUARY - 2026
SECOND YEAR
Subject: Kinesiotherapy (BPT- 21205)

Date: 24 /01/2026

Total Marks: 80

Time: 2.00 pm To 5.00 pm

SECTION – A

Q.1 Answer the following questions in short (Any five) (15)

- a. Enumerate principles of Frenkel's Exercises
- b. Define 1 RM & 10 RM
- c. Causes of Joint Stiffness
- d. Contraindications of Postural Drainage
- e. Trick Movements
- f. Write indications for functional re-education

Q.2 Answer the following questions (Any Five) (35)

- a. Define Stretching and explain 3 different methods of self-stretching for hamstring muscles
- b. Explain Autogenic Drainage
- c. Define Scoliosis. Describe scoliosis posture in frontal plane
- d. Principles of Home Exercises
- e. Explain in detail stance phase of gait
- f. Describe goals and indications of aquatic exercises

SECTION – B

Q.3 Answer the following questions in detail (Any one) (15)

- a. Define muscle strength. Describe factors influencing muscle strength and describe determinants of strengthening (2+5 +8)
- b. Describe physical properties of water. Write about the physiological and therapeutic effects of hydrotherapy. Write indications and contra-indications of hydrotherapy. (2+8+5)

Q.4 Answer the following questions in detail (Any one) (15)

- a. Define Gait. Write Gait cycle and measureable parameters.
- b. Write goals and uses of breathing exercises. Describe the different types of breathing exercises. Add a note on ACBT (3+7+5)
