

LIFELINE INSTITUTE OF PHYSIOTHERAPY

THIRD INTERNAL EXAMINATION

Subject- KINESIOTHERAPY

Time: 15min

Date:

INSTRUCTIONS: Read each statement carefully and ENCIRCLE the LETTER of the correct answer.

MULTIPLE CHOICE QUESTIONS

1×10=10 Marks

1. Pillows under the knees in supine lying is to relax the _____
 - a) Hamstrings & Iliofemoral ligament
 - b) Hamstrings & Quadriceps
 - c) Lumbar multifidus with Gluteus maximus
 - d) Hamstrings & Gastrosoleus

2. Which colour has the minimum resistance in theraband?
 - a) Yellow
 - b) Red
 - c) Tan
 - d) Silver

3. During relaxation, the rooms should not be painted in _____ colour.
 - a) Sky blue
 - b) Lemon
 - c) Purple
 - d) Red

4. Root value for knee jerk is _____
 - a) L1-L2
 - b) L2-L3
 - c) L4
 - d) L2-L4

5. Physiological relaxation method was devised by
- Jacobson
 - Laura Mitchell
 - Margaret Mitchell
 - Carolyn Kisner
6. Hypertonia means _____
- Decrease muscle tone
 - No muscle tone
 - Increase muscle tone
 - Diminished tone
7. _____ is a wall equipment in therapeutic gymnasium
- Swiss ball
 - Parallel bars
 - Dumbbells
 - Finger ladder
8. In FITT, I stands for _____
- Infinite
 - Intensity
 - Incidence
 - None of the above
9. _____ is a grooved wheel used to alter the direction of force
- Theraband
 - Spring
 - Finger ladder
 - Pulley
10. _____ is the chemical fuel source for ATP-PC system
- Glycogen
 - Lactic acid
 - Phosphocreatine
 - Fats & proteins

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SHORT ANSWER QUESTIONS (any 4)

4×5=20 Marks

1. Write a note on any 2 therapeutic gymnasium equipment in detail.
2. Explain the determinants of an exercise program.
3. Define sensation. Classification of sensation in detail.
4. Explain in detail about Jacobson's relaxation.
5. Explain the cardiovascular response to aerobic exercise.