

School Name: School of Health Sciences
Course Title: Exercise Therapy -II
Year: 2nd

Program Name: BPT
Course Code: BPT-204

- Discuss the physiological and therapeutic effects of hydrotherapy, including its impact on joint mobility, muscle strengthening, and wound care. Provide examples and discuss their significance.
- Discuss general techniques of joint mobilization. What are the effects, indications, contraindications and precautions associated with joint mobilization?
- Explore theories of motor control and their applications in motor learning. How do these theories contribute to understanding and improving motor skills?
- Explain the indications, effects, and various training techniques associated with different types of walking aids.
- Review the normal breathing mechanism and various breathing exercises, including their types, techniques, indications, contraindications, therapeutic effects, and precautions.
- Discuss the principal classification techniques of therapeutic exercises. What are the key indications and contraindications for each?
- Discuss abnormal posture assessment, types, etiology, and management strategies, including therapeutic exercise interventions.
- Explain stance and swing phase of gait cycle.
- Discuss general techniques of joint mobilization. What are the effects, indications, contraindications and precautions associated with joint mobilization?
- How do you approach functional re-education through therapeutic exercises? Discuss general techniques used to re-educate activities of daily living (ADL) functions.
- Describe types of hydrotherapy equipment, with their indications, contraindications and patient preparation.

- Review the normal breathing mechanism and various breathing exercises, including their types, techniques, indications, contraindications, therapeutic effects, and precautions.
- Explain the indications, effects and training techniques associated with different types of walking aids.
- Discuss abnormal posture assessment, types, etiology, and management strategies, including therapeutic exercise interventions.
- Explain the conceptual framework and principles of PNF techniques, including indications, therapeutic effects, and precautions.
- Explain stance and swing phase of gait cycle.