



## FAQs

### **Q.1. Define Therapeutic exercise.**

**Answer:** DeLateur defined therapeutic exercise as bodily movement prescribed to correct impairment, improve musculoskeletal function, or maintain a state of well-being.

### **Q.2. What are the objectives of therapeutic exercise?**

**Answer:-** The objectives of the therapeutic exercise are:

1. Assessment
2. Develop plan
3. Implement plan
4. Evaluate the plan
5. Home program

### **Q.3. What are the scope of therapeutic exercise?**

**Answer:** The scope of therapeutic exercise include the prevention of dysfunction as well the development, improvement, restoration or maintenance of :

1. Strength
2. Endurance and flexibility
3. Stability
4. Relaxation
5. Co-ordination, balance and functional skill.

### **Q4. Explain overload principle to develop muscle strength.**

**Answer:** To increase strength, a load that exceeds the metabolic capacity of the muscle must be used during exercise. This will lead to hypertrophy and recruitment and therefore to an increase in strength of the muscle.

### **Q.5. Name the types of endurance.**

**Answer:** Endurance are broadly classified in two types,

- a. Muscular Endurance
- b. General (total) body Endurance

**Q.6. Explain the physiological changes during exercise.**

**Answer:** The physiological changes during exercise are:

- a. Increase blood flow to muscle because of increased demands for oxygen.
- b. Increase heart rate
- c. Increase arterial pressure with heavy exercise.
- d. Increase oxygen demand and consumption.
- e. Increase rate and depth of respiration.

**Q.7. What are the techniques to develop mobility and flexibility?**

**Answer:** Techniques for developing mobility and flexibility are:

- i. Passive stretching
- ii. Active inhibition
- iii. Flexibility exercise
- iv. Joint mobilization

**Q.8. What are the techniques to induce therapeutic relaxation?**

**Answer:** After an active contraction of skeletal muscle, a reflex relaxation occurs. Stronger the contraction, the greater the relaxation of that muscle. Conscious thought can also affect tension in muscle.

**Q.9. Define Co-ordination.**

**Answer:** Coordination refers to the ability to use the right muscle at the right time with appropriate sequencing and intensity

**Q.10. Define Balance.**

**Answer:** Balance refers to the ability to maintain the centre of gravity over the base of support, usually while in upright position.