

APRIL 2001

[KD 606 B]

M.P.T. DEGREE EXAMINATION.

Fourth Semester

Paper III — PHYSIOTHERAPY (Elective Subject)

SPORTS PHYSIOTHERAPY

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

(4 × 20 = 80)

1. Define Fitness. Discuss role of P.T. in Sports fitness.
 2. Essay on "Sports for physically impaired".
 3. "Soft tissue injury" in sports.
 4. Essay on "Anaerobic threshold" and aerobics.
 5. Short notes : (4 × 5 = 20)
 - (a) Effects of altitude on sports
 - (b) Warming up and cooling down
 - (c) Spasm
 - (d) Tennis Elbow.
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NOVEMBER 2001

[KE 606 B]

Sub. Code : 8006

MASTER OF PHYSIOTHERAPY
DEGREE EXAMINATION.

Paper VI — PHYSIOTHERAPY

(Elective Subject)

SPORTS PHYSIOTHERAPY

Time : Three hours

Maximum : 100 marks

All questions carry equal marks.

Draw diagram wherever necessary.

Answer ALL questions.

1. Discuss and relate exercise induced leg pain and its physiotherapy treatment interventions to Fresher's leg, postero-medial pain, Antero-lateral pain, Tibial stress syndrome and prepare the rationale. (20)
2. Discuss and compare between any two protocols and standards for fitness testing. (20)
3. Compare and discuss in detail about early and delayed shoulder problems faced by the shot-put athlete and prepare the rationale. (20)
4. Compare and discuss in detail about spinal problems faced by the any one field event with athletic event and prepare physiotherapy protocol. (20)

5. Short notes : (4 × 5 = 20)
 - (a) What is normal diet and its importance in exercise prescription?
 - (b) List down the common site of injury and the frequency of occurrence in sports.
 - (c) List ten contributing factors to the patello-femoral pain syndrome.
 - (d) Compare the force factors of jogger and sports runner.

MARCH 2002

[KG 606 D]

Sub. Code : 8006

M.P.T. DEGREE EXAMINATION.

(Common to New/Revised Regulations)

SPORTS PHYSIOTHERAPY — (*Elective*)

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

1. Discuss biomechanics of weight lifting. (20)
 2. Discuss the relevance of 'Body Composition Analysis' to physical therapy. (20)
 3. Discuss obesity and exercise. (20)
 4. Discuss ballistic movement of shoulder during sports. (20)
 5. Short notes : (4 × 5 = 20)
 - (a) Define fitness.
 - (b) CIBEX (Isokinetic Exercises)
 - (c) Glucose metabolism
 - (d) Management of soft tissue injuries in hand.
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SEPTEMBER 2002

[KH 606 D]

Sub. Code : 8006

MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.

(Common to New/Revised Regulations)

SPORTS PHYSIOTHERAPY — (*Elective*)

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

1. Discuss the possible injuries around the Elbow Joint for a Tennis player. Describe the physiotherapy management and Rehabilitation programme for the same. (20)
2. Enumerate in detail about the Pathological changes occur in different types of Sports injury. (20)
3. Discuss in detail about Physical and Psychological and emotional problems faced by female sports person. (20)
4. Discuss the importance of the patella in the Quadriceps Extension mechanism. Write down the physiotherapy management and Rehabilitation programme for the patello-femoral Joint injury. (20)

5. Short notes on :

(4 × 5 = 20)

- (a) Bennett's fracture.
- (b) Swimmer's shoulder
- (c) Plantar Fascitis
- (d) Menisectomy.

OCTOBER 2003

[KJ 606 D]

Sub. Code : 8006

MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.

(Common to New/Revised Regulations)

SPORTS PHYSIOTHERAPY — (*Elective*)

Time : Three hours

Maximum : 100 marks

Theory : Two hours and
Forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

M.C.Q. must be answered **SEPARATELY** on the
answer sheet provided as per the instructions on
the first page.

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Long Answers : (2 × 15 = 30)

1. Rationalize use of various physiotherapy
modalities for different types of sport injuries, give its
efficacy and current trends in its usage. (5 + 5 + 5)

2. Discuss the mechanism of injury to the shoulder in
swimmers. Give an exercise protocol with proper
technique of swimming to prevent such injuries.

(7 + 8 = 15)

II. Short notes : (10 × 5 = 50)

1. Give advantages of isokinetic training for a
weightlifter.

2. Describe, how taping works in sports injuries.

3. Discuss briefly physiological difference between a
male and female athlete.

4. Briefly describe Rehabilitation protocols following
Anterior cruciate ligament repair, in priority of the most
commonly used protocol.

5. Advantages of proprioceptive training for sportsmen.

6. Give management of a Gamekeepers thumb.

7. What helps in diagnosing various grades of Muscle
injury, give acute care management?

8. What are the advantages of eccentric training,
when do you start these exercises in rehabilitation of
any sports injury?

9. Enumerate your role as a chief physiotherapist of
the Indian Cricket team.

10. Sports activities for a geriatric population, the Do's
and Don't's.

APRIL 2004

[KK 606 D]

Sub. Code : 8006

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.**

(Common to New/Revised Regulations)

SPORTS PHYSIOTHERAPY --- (Elective)

Time : Three hours Maximum : 100 marks

Theory : Two hours and Theory : 80 marks
forty minutes

M.C.Q. : Twenty minutes M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

A. Essay : (2 × 15 = 30)

(1) Discuss the different method of taping techniques for Achilles tendon. (15)

(2) Discuss the short and long term rehabilitation following Bankart's repair procedure for anterior shoulder dislocation in Basket ball player. (15)

B. Short notes : (10 × 5 = 50)

- (1) Skeletal muscle fibers
- (2) Cardio pulmonary resuscitation
- (3) Impingement syndrome

- (4) Jumpers knee
- (5) Q angle
- (6) Olecranon bursitis
- (7) Game keepers thumb
- (8) Swimmers shoulder
- (9) Phonophoresis
- (10) Circuit training.

AUGUST 2005

[KN 606 D]

Sub. Code : 8006

**MASTER OF PHYSIOTHERAPY(MPT) DEGREE
EXAMINATION.**

(Common to New/Revised Regulations)

Elective — **SPORTS PHYSIOTHERAPY**

Time : Three hours

Maximum : 100 marks

Theory : Two hours and
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Write essay on : (2 × 15 = 30)

(1) Describe in detail about the mechanisms of knee ligament Injury and outline the five stages of Rehabilitation program for a 20 years old Basket ball player recovering from anterior cruciate ligament Reconstructive Surgery?

(2) Discuss the role of physiotherapy in Sports for Children. Add a note on the importance of Sports for physically compromised childrens.

II. Write short notes on : (10 × 5 = 50)

(a) SAID Principle of Athletic conditioning

(b) Cryokinetics in sports rehabilitation.

(c) Breast Stroker's knee

(d) Training versus fitness

(e) Warm up exercises

(f) Over use syndrome

(g) Tennis leg and its Rehabilitation

(h) Tapping and wrapping techniques in Sports

(i) Jumper's knee and its physiotherapy management

(j) What is normal diet and its importance in exercise prescription?

FEBRUARY 2007

[KQ 606 D]

Sub. Code : 8006

MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.

(Common to New/Revised Regulations)

Elective — SPORTS PHYSIOTHERAPY

Time : Three hours

Maximum : 100 marks

Theory : Two hours and
forty minutes

Theory : 80 marks

M.C.Q. : Twenty minutes

M.C.Q. : 20 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Write essay on :

1. Goals of rehabilitation of an injured athlete. (20)
2. Explain in detail about the common running related injuries to the knee. (15)
3. Write in brief about the causes of over use injuries and its prevention. (15)

II. Short notes :

(6 × 5 = 30)

- (1) Kreb's cycle
- (2) Principles of training
- (3) Shin splints
- (4) Acclimatization
- (5) Fitness testing
- (6) Swimmer's shoulder.

MARCH 2008

[KS 606 (D)]

Sub. Code : 8107

MASTER OF PHYSIOTHERAPY (MPT) DEGREE
EXAMINATION.

(Common to New/Revised Regulations)

Elective — SPORTS PHYSIOTHERAPY

Q.P. Code : 278107

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

I. Long Essay : (2 × 20 = 40)

1. Write an essay and explain the mechanics of throwing and related injury rehabilitation.

2. Describe the exercises used in the prevention of lower leg, ankle and foot injuries.

II. Write short notes : (10 × 6 = 60)

1. Manual therapy of skin pain.

2. PRICER.

3. Pre Competition Meal.

4. Wall exercises.

5. Management of shoulder injury in swimming.

6. Unhappy triad.

7. Warm – up and cool down.

8. Jumper's knee.

9. Principles of fitness.

10. Interval training.

September 2008

[KT 606 (D)]

Sub. Code : 8107

MASTER OF PHYSIOTHERAPY (M.P.T) DEGREE
EXAMINATION.

(Common to New/Revised Regulations)

Elective — SPORTS PHYSIOTHERAPY

Q.P. Code : 278107

Time : Three hours

Maximum : 100 marks

Answer ALL questions.

Draw suitable diagrams wherever necessary.

I. Long Essay : (2 × 20 = 40)

1. Describe in detail about the general principles and components of athletic conditioning program and explain the various laboratory tests employed in assessing the cardiovascular fitness of an athlete.

2. Explain in detail about the assessment techniques employed by a sports physiotherapist to evaluate the physical fitness of 22 year old football player who returning to his sports after arthroscopic meniscal repair surgery of the left knee joint.

II. Short notes :

(10 × 6 = 60)

1. Prevention of epiphyseal injury.
2. Pre event nutrition.
3. Circuit training program.
4. Pes anserine exercise.
5. Stress fracture and its physiotherapy management.
6. SHIN SPLINTS.
7. Plyometric training.
8. Pes anserine bursitis.
9. Turf toe taping.
10. Mechanics in swimming.

March 2009

[KU 606 D]

Sub. Code: 8107

**MASTER OF PHYSIOTHERAPY (MPT)
DEGREE EXAMINATION**

(Common to New/Revised Regulation)

Elective – SPORTS PHYSIOTHERAPY

Q.P. Code : 278107

Time : Three hours

Maximum : 100 marks

Answer All questions

Draw suitable diagrams where ever necessary

I. Essay questions :

(2 x 20 = 40)

1. Describe in detail about the assessment techniques and on field procedures employed by a sports physiotherapist during life-threatening emergency situations in sports.
2. Describe in detail about the aerobic and anaerobic exercise training employed in both sports conditioning and rehabilitation programs.

II. Write short notes on :

(10 x 6 = 60)

1. Pre competition meal.
2. Wall exercises.
3. Interval training.
4. Flexibility training programme.
5. Game keeper's thumb and its management.
6. Types of muscle testing.
7. Osgood schlatter disease.
8. Acute care management for quadricep's contusion.
9. Anthropometric measurement for effusion and atrophy.
10. Explain the concept of well balanced diet for an athlete.

March 2010

[KW 707]

Sub. Code: 8107

**MASTER OF PHYSIOTHERAPY (MPT)
DEGREE EXAMINATION**

(Common to New/Revised Regulation)

Elective – SPORTS PHYSIOTHERAPY

Q.P. Code : 278107

Time : Three hours

Maximum : 100 marks

Answer All questions

Draw suitable diagrams where ever necessary

I. Essay questions :

(2 x 20 = 40)

1. Describe in detail about the biomechanics of throwing and throwing injuries in sports.
2. Compare and contrast the sports injuries in football and tennis.

II. Write short notes on :

(10 x 6 = 60)

1. Core stabilization exercises.
2. Circuit training.
3. Formal versus informal warmup techniques.
4. Management of boutonniere deformity.
5. Polymetric training.
6. Swimmers shoulder and its management.
7. Over use injuries.
8. Sports specific skills.
9. Principles of atheletic taping techniques.
10. Stress fracture.

September 2010

[KX 707]

Sub. Code: 8107

**MASTER OF PHYSIOTHERAPY (MPT)
DEGREE EXAMINATION**

SECOND YEAR

(Revised Regulation)

For candidates admitted from 2000-2001 onwards & 2005-2006 onwards

Paper – II Physiotherapy (Elective Subject)

Elective – SPORTS PHYSIOTHERAPY

Q.P. Code : 278107

Time : Three hours

Maximum : 100 marks

Answer All questions

Draw suitable diagrams where ever necessary

I. Essay questions :

(2 x 20 = 40)

1. Describe the exercises used in the prevention of lower limb, ankle and foot injuries.
2. Write in detail about the management of cruciate ligament injury in a professional football player.

II. Write short notes on :

(10 x 6 = 60)

1. Bowler's thumb.
2. Cryotherapy.
3. Tennis leg.
4. Carbohydrate loading diet.
5. Acromio clavicular joint sprain.
6. Wall exercises.
7. Piriformi's syndrome.
8. Principles of fitness.
9. Hold relax technique in hamstring tightness.
10. Onfield massage.

MAY 2011

[KY 707]

Sub. Code: 8107

**MASTER OF PHYSIOTHERAPY (MPT)
DEGREE EXAMINATION
SECOND YEAR**

Revised Regulation :

For candidates admitted from 2000-2001 onwards & 2005-2006 onwards

PAPER – II PHYSIOTHERAPY (Elective Subject)

SPORTS PHYSIOTHERAPY – (Elective)

Q.P. Code : 278107

Time : Three hours

Maximum : 100 marks

Answer All questions

Draw suitable diagrams where ever necessary

I. Essay Questions :

(2 x 20 = 40)

1. Discuss in detail about the Lateral Elbow injuries and its management.
2. Write in detail about the Role of Intrinsic and Extrinsic risk factors in Sports injuries.

II. Write Short Notes :

(10 x 6 = 60)

1. Uses of Electrical Currents in Sports Physiotherapy.
2. Initial assessment and management of an athlete on the field.
3. Criteria for return to sports for an athlete who underwent ACL reconstruction.
4. Principles of Training Diet.
5. Jumpers knee.
6. Role of Biofeedback in Sports Rehabilitation.
7. Radial Tunnel Syndrome.
8. Strategies to prevent Ankle Injuries.
9. Stretching - Application and Contraindications.
10. Restoration of normal mechanical function by Manipulative therapy.

October 2011

[KZ 707]

Sub. Code: 8107

MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION

SECOND YEAR

PAPER – II PHYSIOTHERAPY (ELECTIVE SUBJECT)

SPORTS PHYSIOTHERAPY – (ELECTIVE)

Q.P. Code : 278107

**Time : 3 hours
(180 Min)**

Maximum : 100 marks

Answer ALL questions in the same order.

I. Elaborate on :

**Pages Time Marks
(Max.) (Max.) (Max.)**

- | | | | |
|---|----|----|----|
| 1. Emergency care and athletic first aid-on filed management of an athlete sustained cervical injury. | 17 | 40 | 20 |
| 2. General principles of therapeutic modalities and its physiological effects. | 17 | 40 | 20 |

II. Write notes on :

- | | | | |
|--|---|----|---|
| 1. Q angle and A angle. | 4 | 10 | 6 |
| 2. Delayed onset of muscle soreness. | 4 | 10 | 6 |
| 3. Tennis shoulder. | 4 | 10 | 6 |
| 4. Plantar fasciitis in runners and taping for plantar fasciitis. | 4 | 10 | 6 |
| 5. Triangular fibro cartilage complex injury and physiotherapy management. | 4 | 10 | 6 |
| 6. Grips. | 4 | 10 | 6 |
| 7. Circuit training. | 4 | 10 | 6 |
| 8. Exercise for acromio-clavicular separation. | 4 | 10 | 6 |
| 9. Clean and jerk. | 4 | 10 | 6 |
| 10. Carbohydrate loading diet. | 4 | 10 | 6 |
