

**VINAYAKA MISSION'S RESEARCH FOUNDATION
(Deemed to be University), SALEM**

**M.P.T. DEGREE EXAMINATION – November 2018
Fourth Semester**

SPORTS PHYSIOTHERAPY

Time: Three hours

Maximum : 100 marks

I. Write short answers on:

(10 x 2 = 20)

1. Anxiety
2. Methods of cryotherapy application
3. Traction epiphysitis
4. Bowler's thumb
5. Protective equipments
6. Anaerobic metabolism
7. On-field medical team
8. Compartment syndrome
9. Runner's knee
10. Oxygen dept

II. Write short notes on:

(8 x 5 = 40)

11. Piriformis syndrome
12. Endurance testing
13. Components of athletic shoe
14. Isokinetic training
15. Explain the factors affecting sports fitness
16. Assessment and injuries in medial patella femoral ligament.
17. X-ray for scapoid bone injury
18. Warming up and cooling down

III. Write essays on:

(2 x 20 = 40)

19. Discuss in detail about the assessment techniques employed by a sports physiotherapist to evaluate the physical fitness of 25 years old male basket ball player who is returning to his sports after ACL reconstruction of his right knee joint.
20. Clinical condition in shoulder among overhead athletes. Detailed shoulder evaluation with special tests, investigation procedures in shoulder injuries basics X-ray, musculoskeletal ultra sound, CT & MRI.
