

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.E.S. DEGREE EXAMINATION – April 2019****Third Semester****SPORTS PHYSIOTHERAPY**

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)Answer any **TEN** questions. All questions carry equal marks.

1. List any two roles of physiotherapy in protection.
2. What is sports physiotherapy?
3. What is friction in Swedish massage?
4. List any two disadvantages of whirlpool bath.
5. Define thermotherapy.
6. List any two advantages of contrast bath.
7. What is short-wave diathermy?
8. What are infrared rays?
9. What are assisted exercises?
10. Define reflex movement.
11. What is effleurage?
12. Define Swedish massage.

PART – B (5 x 5 = 25 marks)Answer any **FIVE** questions. All questions carry equal marks.

13. Briefly explain the role of physiotherapy in protection.
14. Briefly explain the tapotement technique in Swedish massage and its benefits.
15. Describe the whirlpool bath procedure.
16. Discuss the pre-cautionary measures for therapy based on ultra-violet rays.
17. Write short notes on righting reflex.
18. Briefly explain the hot-pack treatment method.
19. Briefly explain resisted exercises in therapeutic treatment.
20. Explain the principles of massage.

PART – C (3 x 10 = 30 marks)Answer any **THREE** questions. All questions carry equal marks.

21. Discuss the expectations from physiotherapists and patients in physiotherapy.
22. Explain the physiological benefits of massage in detail.
23. Explain the advantages and disadvantages of cryotherapy.
24. Explain the treatment method and precautions of microwave diathermy.
25. What are free exercises? Explain their classification.
