

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

**M.P.T. DEGREE EXAMINATION – November 2019
Fourth Semester**

SPORTS PHYSIOTHERAPY

Time: Three hours

Maximum : 100 marks

I. Write short answers on:

(10 x 2 = 20)

1. Flexibility
2. Isometric exercise
3. Epiphyseal injury
4. Tendonitis
5. Bennett's fracture
6. Sesamoiditis
7. Swimmer's shoulder
8. Compartment syndrome
9. Grade III ligament injury
10. Bunions.

II. Write short notes on:

(8 x 5 = 40)

11. Psychological aspects of sports injury.
12. Cryotherapy, its physiological effects and indications.
13. Patellar tendonitis
14. Common running related injuries and its rehabilitation.
15. Warm up and its benefits.
16. High intensity interval training.
17. Muscle strengthening for Tennis elbow.
18. Third degree sprain.

III. Write essays on:

(2 x 20 = 40)

19. Shoulder impingement syndrome its etiology, symptoms, diagnosis and rehabilitation program with return to sport advice.
20. Sports for disabled persons – special needs and protection, prevention and management of injuries for disabled sports persons.