

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.E.S. DEGREE EXAMINATION – November 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. What is physiotherapy?
2. Name any two roles of physiotherapy in protection.
3. Define massage.
4. List any two types of Swedish massage.
5. Define cryotherapy.
6. What is wax bath?
7. What is the meaning of electrotherapy?
8. Name the types of diathermy.
9. Define therapeutic movement.
10. What is effleurage?
11. Define free exercises.
12. What are ultra – violet rays?

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

13. Write short notes on the expectations from patients in physiotherapy.
14. Briefly explain the physiological benefits of massage.
15. Write short notes on whirlpool bath.
16. Briefly discuss the precautionary measures for ultrasound waves.
17. Write short notes on reflex arc.
18. Briefly explain the principles of massage.
19. Briefly explain the procedure and benefits of shortwave diathermy.
20. Write short notes on postural reflex.

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

21. Give an account on the physiotherapy principles in terms of guiding our practice.
22. What is Swedish massage? Explain any two types of Swedish massage.
23. Define contrast bath and explain its advantages and disadvantages.
24. Explain the treatment method and precautionary measures of infrared rays.
25. Write short notes on the following: (i) assisted exercises (ii) resisted exercises.