

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
MPT Examination, April 2018

Year: 2
Subject Code: 07205201
Subject Name: Physiotherapy in Sports

Date: 26/04/2018
Time: 10:00 am to 1:00 pm
Total Marks: 70

Instructions:

1. All questions are mandatory
2. Figures to the right indicate full marks.
3. Draw Diagram wherever necessary.
4. Write section-A and section-B on separate answer sheets.

SECTION- A

- Q.1** Explain classification of sports injuries. What activities you would include in warm up and warm down activities and why? **(15)**
- Q.2** Explain principles and detailed techniques of therapeutic massage. Discuss importance of sports massage and mention sports injuries in which the massage technique is useful. **(15)**

SECTION- B

Q.1 Short Notes.

- (a)** Explain relaxation techniques to control arousal level for optimal performance in sports. **(10)**
- (b)** Write in detail about evaluation and management of oosgoodschlatter's disease. **(10)**
- (c)** Explain in detail about cause and management of hamstring strain in football player. **(10)**
- (d)** Explain biomechanics of throwing activity and common injuries in sports due to throwing. **(10)**