

PARUL UNIVERSITY
FACULTY OF PHYSIOTHERAPY
MPT, Regular Examination (October – 2017)

Year: 2**Subject Code: 07205201****Subject Name: Physiotherapy in Sports****Date: 04/10/2017****Time: 10:00 am to 01:00 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, section - B on separate answer sheets.

SECTION - A

- Q.1** Classify the various types of sports injuries. Write in details about various causes of sports injuries. Add a note on extrinsic and intrinsic risk factors for sports injuries. **(15)**
- Q.2** Physiotherapy assessment and management for post-operative surgical repair of anterior cruciate ligament for the football player. **(15)**

SECTION- B

- Q.1 Short Notes**
- a. Explain about Biomechanics of Throwing. **(10)**
 - b. Write in details about any four physical tests used to assess agility in sports. **(10)**
- Q.2 Multiple Choice Questions. (1 Mark Each) **(20)****
- (1) Best diagnostic procedure for anterior cruciate ligament injury is
 - a. Lachman Teat
 - b. Pivot Shift Test
 - c. Anterior Drawer Test
 - d. Mc Murray's Teat
 - (2) Ruptured tendon is most commonly seen in
 - a. Stab Injury
 - b. Soft Tissue Tumor
 - c. Overuse Injury
 - d. Congenital Defect
 - (3) Most common mechanism of meniscal injury is
 - a. Flexion of Knee
 - b. Extension of Knee
 - c. Flexion with Rotation of Knee
 - d. Extension with Rotation of Knee
 - (4) Most common ligament injured at ankle joint is
 - a. Anterior Talofibular Ligament
 - b. Deltoid Ligament
 - c. Spring Ligament
 - d. Posterior Talofibular Ligament
 - (5) Normal value of 1 Metabolic Equivalent of Task (MET) is
 - a. 4.5 ml O₂·kg⁻¹·min⁻¹
 - b. 3.5 ml O₂·kg⁻¹·min⁻¹
 - c. 2.5 ml O₂·kg⁻¹·min⁻¹
 - d. 0.5 ml O₂·kg⁻¹·min⁻¹
 - (6) When the pre participation physical assessment conducted ideally?
 - a. One month before
 - b. 15 days before
 - c. One week before
 - d. Six Months Before

- (7) According to body mass index (BMI), which of the following athlete are considered obese?
- Body Builder with BMI 32.9
 - Shot Putter with BMI 28.0
 - Basketball Player with BMI 25.0
 - Power Lifter with BMI 29.4
- (8) The level of strength can be determined by using following devices except
- Cable tensiometer
 - Cybex Isokinetic Dynamometer
 - Nautilus Machine
 - Dynamometer
- (9) The highest duration of training should be performed during which of the following sports session?
- Post Session
 - Pre Session
 - In Session
 - Off Session
- (10) Following are the extrinsic risk factors in sports injuries except
- By Equipments
 - By Environmental Conditions
 - By type of sporting Activity
 - By Physical Characteristics of an athlete
- (11) Prevent injury you should always
- Warm up properly
 - Have appropriate fitness levels before playing
 - Wear the appropriate protective equipment
 - All of the above
- (12) Elevation helps reduce injury by
- Helping to support the weight of the limb
 - Allowing white blood cells to be released to fight infection
 - Reducing blood flow to the area
 - Increasing blood flow to the area
- (13) A _____ of sprain represents some stretched fibers but clinical testing reveals normal range of motion on stressing the ligament.
- Grade I
 - Grade II
 - Grade III
 - None of the Above
- (14) The anterior cruciate ligament (ACL) is an important internal stabilizer of the knee joint, restraining _____ movement at knee joint.
- Flexion
 - Extension
 - Rotation
 - None of the Above
- (15) From following which is not an intrinsic factor for sports injuries.
- Training errors
 - Pes planus
 - Genu valgum
 - Leg length discrepancy
- (16) A _____ is an injury of the anterior (inferior) glenoid labrum of the shoulder due to anterior shoulder dislocation.
- Bankart's lesion
 - Hill-Sach's lesion
 - Bicipital Tendinitis
 - Supraspinatus Tendinitis

- (17) Unhappy triad consist of:
- ACL/PCL/Med. Meniscus
 - ACL/PACL/Med. Coll. Lig
 - ACL/Med. Meniscus/Med. Coll. Lig
 - ACL/PCL/Lat. Coll. Lig
- (18) The ability to effectively integrate the moments of the body parts is
- Agility
 - Balance
 - Co-cordination
 - Speed
- (19) Most Common Cause of Heamarthrosis at knee joint:
- Hemophilia
 - ACL Tear
 - PCL Tear
 - Lat. Meniscus Tear
- (20) House maid's knee is a synonym for
- Pre patellar bursitis
 - Supra patellar bursitis
 - Infra patellar bursitis
 - Patellar tendinitis