

**Rajiv Gandhi University of Health Sciences, Karnataka**  
**Second Year Master of Physiotherapy Degree Examination – 29-Nov-2023**

**[Time: 3 Hours]**

**[Max. Marks: 100]**

**Sports Injuries, Prevention, Management and Rehabilitation – Paper IV (RS-4)**  
**Q.P. CODE: 8135**

Your answers should be specific to the questions asked.

Draw neat, labeled diagrams wherever necessary.

**Answer All The Questions**

**10 X 10 = 100 Marks**

1. Explain in detail about intrinsic and extrinsic strategies in prevention of common running injuries in and around the knee joint and its on field assessment.
2. Explain the mechanism of overuse injuries in badminton player. Explain about the sports specific assessment in a badminton player add a note on its return to sports criteria.
3. Write in detail about the assessment techniques and on field procedures employed by a sports physiotherapist during life threatening emergency situation in high level combat sports. Add a note on the steps taken to manage concussion in combat sports athlete.
4. Describe in detail about phases of throwing injuries in sports. Explain about the measures for prevention of throwing injuries and its management.
5. Define augmented and virtual reality. Explain in detail about any AR/VR tool and its method of application in sports rehabilitation.
6. Explain different protocols for exercise during Mensural cycle in athletic women.
7. Explain the sports specific assessment in a professional football player. Add a note on its return to sports criteria following a ankle sprain.
8. Write in detail about the ergonomics of a paraplegic shot put athlete who is on wheelchair, explain about the exercise programs given to this athlete to improve the efficiency of the throw during competition.
9. Define heat exhaustion and heat stroke. Explain about the Difference between heat exhaustion and heat stroke. Write about the preventive measures and management of heat stroke in marathon runners.
10. Explain in detail about the mechanism of injury in Bowlers thumb. Write in detail about its physiotherapy rehabilitation.

\* \* \* \* \*