

No. of Printed Pages: 1

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DEPARTMENT OF PHYSIOTHERAPY
SCHOOL OF NURSING SCIENCES & ALLIED HEALTH**

**MPT 1st YEAR (SPORTS), ANNUAL EXAMINATION, MAY 2024
MEDICAL AND SURGICAL MANAGEMENT OF SPORTS INJURIES (THEORY)
PAPER CODE: MTS – 162**

Time: 3 Hours

Maximum Marks: 75 Marks

(Write your Roll No. on top of the paper immediately)

All sections are compulsory. Draw diagrams wherever necessary. Give examples wherever necessary.

SECTION – A

Write Short Notes on any **FIVE** of the following:

(5 × 5 Marks = 25 Marks)

- Q1.** Concussion in Sports
- Q2.** Recurrent Shoulder dislocation in sports – pathomechanics
- Q3.** Muscle contusion vs Muscle cramp vs Muscle strain
- Q4.** Psychological aspects of doping
- Q5.** High ankle sprain
- Q6.** Compartment syndrome

SECTION - B

Answer any **TWO** of the following:

(2 × 10 Marks = 20 Marks)

- Q1.** Write a detailed note on different types of relaxation techniques used in sports.
- Q2.** What are the different types of goals in sports? Write a note on goal setting in sports
- Q3.** What do you understand by Apophysitis? Write a note on three different common types of apophysitis seen in adolescent athletes?
- Q4.** What do you understand by Biofeedback training? Explain its role in sports training and rehabilitation with suitable examples.

SECTION - C

Answer any **TWO** of the following:

(2 × 15 Marks = 30 Marks)

- Q1.** What are the common chest and abdominal injuries in sports? Briefly explain them with a note on their management.
- Q2.** Write a detailed note on ACL reconstruction surgery. What are the different types of grafts used for the same with a brief note on different surgical procedures. Briefly mention about pre and post operative physiotherapy management.
- Q3.** What is the importance of psychological training in sports? What are the different techniques and methods used for the psychological training in sports? Give emphasis on positive attitude and mental toughness in sports?
