

Roll No:

--	--	--	--	--	--	--	--	--	--

The Assam Royal Global University, Guwahati

Royal School of Medical and Allied Sciences

Bachelor of Physiotherapy, 8th Semester

Special Supplementary Examination, August 2024

Course Title: Physiotherapy in Sports Injuries

Course Code: PHT242C802

Time: 3 Hours

Maximum Marks: 70

Note: Attempt all questions as per instructions given.

The figures in the right-hand margin indicate marks.

Section – A

1. Attempt **all questions**. (Maximum word limit 50) 2 x 8
- Explain in brief about periodization.
 - What is tapering?
 - Explain in brief about circuit training.
 - How to calculate VO₂ reserve?
 - Explain the grades of labrum tear.
 - Discuss two special test to assess shoulder impingement.
 - List all the types and causes of spine injuries.
 - What is a Whirlpool bath? Mention its types.

Section – B

2. Attempt **any one** of the following: 12 x 1
- Classify sports injuries. Write the various methods of preventing sports injuries.
 - Discuss the biomechanics of tennis.
3. Attempt **any two** of the following: 7 x 2
- Write the assessment for facial injuries and its management.
 - Classify the categories of shoulder pain and write its assessment.
 - Write the hand assessment.
4. Attempt **any two** of the following: 7 x 2
- Write the clinical approach to thigh pain.
 - What are the causes of shin pain? Plan the assessment and PT management of stress fracture.
 - Write a note on PCL rehabilitation.
5. Attempt **any two** of the following: 7 x 2
- Write the effect of anabolic steroids on performance, mention the steps of drug testing.
 - Mention the various regimens to gain and lose weight.
 - Write the exercise prescription for aerobic exercises for healthy population.