

Rajiv Gandhi University of Health Sciences, Karnataka
Second Year Master of Physiotherapy Degree Examination – 11-May-2026

[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. Mention in detail about the types of Protective Materials. Describe about the head, face, mouth, eye and ear protection equipment used for football goal keeper.
2. Explain about the biomechanics of meniscus and its mechanism of injury. Describe the plan of physiotherapy management and decision for return to play after the rehabilitation.
3. Describe the Biomechanics of cricket bowling. Explain the role of subscapularis muscle in cricket bowling and its various strengthening exercises.
4. Explain the signs of inflammation. Describe the grades of ligament injury and the various protocol of first aid management for an ankle lateral ligament injury.
5. Explain the classification of sports injuries and describe the protocol of aquatic therapy in the rehabilitation and recovery of a patient with lower limb injury.
6. Explain the most common musculoskeletal injuries in pediatric patients. Describe the steps in preventing injuries and the outline to treat pediatric patients with "five Cs".
7. Define Concussion. Mention the signs and symptoms of concussion and describe the steps in the protocol for graduated return to play following concussion during gymnastics.
8. Explain the return to participation process and criteria following shoulder injuries and describe about any two functional tests of Upper Extremity for each Micro- and Macro-Trauma.
9. Define Female Athlete Triad. Mention the Signs and Symptoms of Female Athlete Triad and explain its medical and physiotherapy management.
10. Define warm up and cool down. Explain the principles of warm up and the protocol for warming up in a football player.

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