

**Rajiv Gandhi University of Health Sciences, Karnataka**  
**Second Year Master of Physiotherapy Degree Examination – 27-Nov-2024**

**[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. Define pes planus. Explain the physiotherapy management for pes planus among basket ball players.
2. Explain in detail about the common Injuries and explain the management of any joint injury in a Gymnast.
3. Explain in detail about female athlete triad. Discuss the physiological differences between a male and female athlete. its possible impact on training.
4. Briefly explain the role of wearables, sensory garments, sensory helmets in maintenance of health and injury prevention in a professional athlete.
5. Explain in detail about the mechanism of injury in Skiers thumb. Describe in detail about its physiotherapy rehabilitation.
6. Explain the role of a sports physiotherapist in Emergency care and athletic first aid and on field management of an gymnast who sustained cervical Injury while performing somersault.
7. Explain about the mechanism of those Posterior cruciate ligament injury. Explain the steps taken to prevent PCL injury and describe its rehabilitation protocol.
8. Write in detail about the effects of aerobic exercises on growth hormone in adolescent athlete.
9. Write about the Sports specific evaluation for a sprinting female athlete following Meniscal repair for return to sports.
10. Define Heat stroke, write down the causes of heat stroke in long distance runners and Mention the steps taken to prevent heat strokes in runners.

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