

Rajiv Gandhi University of Health Sciences, Karnataka
Second Year Master of Physiotherapy Degree Examination – 17-Nov-2025

[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. Classify the preventive strategies of injuries by the athlete and physiotherapist.
2. What is Bankart lesion of shoulder joint? Explain the causes and preventive strategies and physiotherapy management of conservatively managed athlete.
3. Explain the principles of soft tissue mobilization, discuss the recent advances in improving the muscle function.
4. What is adapted physical activity? Explain the role of sports physiotherapist in prevention and management of sporting injuries in athlete with disabilities.
5. A male professional athlete sustained ACL injury and undergone ACL reconstruction, discuss the accelerated protocol and guidelines from day 1 to return to sports.
6. Compare and relate the sporting injuries in individual sports and team sports. Discuss and classify the type of injuries in each of the sports with examples.
7. List the possible intrinsic factors causing ankle sprain in volleyball player. Compare the different methods of ATFL rehab in restoration of ankle stability and function.
8. A basket-ball player complains of pain from 6 months in the patellar tendon, pain increases after activity and during rest. He is unable to perform his normal function from 2 weeks.
 - a. Discuss the possible diagnosis
 - b. Apply the treatment guidelines to decrease pain and improving function.
 - c. Devise a protocol for the same.
9. A basket-ball women athlete presents with bilateral pain in the anterior inferior knee. She has been training in hard surface court for more than 5 years. Her pain has stopped her from participation in competitive sports. She has swelling in infra patellar region and presents with decreased force in extension and limited mobility during flexion. Explain the following with justification.
 - a. List the possible structure causing pain and discomfort
 - b. Devise hypotheses for the given scenario with clinical reasoning
10. Create a protocol of cardio pulmonary resuscitation procedure for a collapsed athlete on the field.

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