

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 1223]

**DECEMBER 2023
(OCTOBER 2023 EXAM SESSION)**

Sub. Code: 8185

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH V – SPORTS PHYSIOTHERAPY**

Q.P. Code: 278185

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Common soft tissue injuries seen in Volleyball. Explain the Mechanism of injuries and its management.
2. Discuss in detail the training methods and various exercise strategies used in conditioning the lower extremity of a professional Kabbadi player.

II. Write notes on:

(10 x 6 = 60)

1. Management for Swimmer's Shoulder.
2. Jersey Finger.
3. Therapeutic Exercise Prescription.
4. On-field Sports Massage.
5. Core Exercises.
6. Eccentric Muscle Training.
7. Conditioning Exercises.
8. Sports Specific Fitness Training for Sprinters.
9. Importance of Athletic Emergency Care and First-aid.
10. Proprioception Training in Sports.
