

2019

ATHLETIC CARE AND REHABILITATION

Paper : MPCC-203

Full Marks : 70

The figures in the margin indicate full marks.

Candidates are required to give their answers in their own words as far as practicable.

1. What is meant by Sports Rehabilitation? Discuss in brief the steps to help an athlete return back to his/her natural performance level after injury. 5+10

Or,

State the different types of rehabilitation procedures connected with sport injury. Discuss in brief the different principles of sports rehabilitation. 5+10

2. What is tapping? How does tapping help in sports rehabilitation? What are the indication and contraindication of tapping? 3+5+7

Or,

What is meant by Proprioceptive Neuromuscular Facilitation (PNF)? What are rehabilitative exercises? Discuss any two of them in short. 3+5+7

3. What is meant by corrective Physical Education? State its objectives. Discuss values of good posture. 4+4+7

Or,

What is postural deviation? Discuss the postural deviations like flat back and scoliosis and enumerate their causes and suggest treatment with exercises. 3+4+8

4. Write short notes (*any two*) : 7½×2

- (a) Penetrating thermo therapy
- (b) Psychological effects of massage
- (c) Importance of physiotherapy
- (d) Guiding principles of Therapeutic Modalities.

5. Answer *any ten* of Multiple Choice type questions from the below. (Write your answer in script) 1×10

- (a) System which gets mostly affected by sports is :
- (i) Endocrine system
 - (ii) Muscular system
 - (iii) Central nervous system
 - (iv) Musculoskeletal system.

Please Turn Over

- (b) The latin word 'habitare' from which the term rehabilitation has been derived meaning
- (i) Make fit
 - (ii) Keep fit
 - (iii) Physical Fitness
 - (iv) Strong body.
- (c) Which is not a physical therapy?
- (i) Relieve pain
 - (ii) Adopt an artificial limb
 - (iii) Adopting with altitude
 - (iv) Get a splint or brace.
- (d) Massage promotes blood flow to the muscles and removes _____.
- (i) Lactic acid
 - (ii) Amino acid
 - (iii) Muscle cramp
 - (iv) Carbon dioxide.
- (e) Superficial thermo therapy has an effect on the skin through
- (i) 1 - 2 cm
 - (ii) 3 - 4 cm.
 - (iii) 4 - 6 cm.
 - (iv) 2 - 5 cm.
- (f) Which is the best therapeutic modality for muscle contusion?
- (i) Cryotherapy
 - (ii) Thermotherapy
 - (iii) Massage
 - (iv) Electrical stimulation.
- (g) Which medicine or drug is suitable for treatment of sports injury related pain?
- (i) NSAIDS
 - (ii) Sedative
 - (iii) Steroid
 - (iv) Diurectics.
- (h) In the rehabilitation process RICE 'E' stands for
- (i) Emergency
 - (ii) Elevation
 - (iii) Ethical
 - (iv) Evaluation.
- (i) Structural deformity leading to Flat back is :
- (i) Spine has lateral curvature
 - (ii) Pelvis stucked in
 - (iii) Enhanced forward curvature of lumber spine
 - (iv) Flat thoracic spine.
- (j) A symptom of muscle strain is
- (i) Inability to use the muscle
 - (ii) Swelling
 - (iii) Weakness
 - (iv) All of the above.

(3)

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(k) The anterior cruciate ligament (ACL) is found at :

- (i) Shoulder joint
- (ii) The elbow joint
- (iii) The ankle joint
- (iv) The knee joint.

(l) Match the injuries with the location from the keys given below :

- (i) Plantar fasciitis
- (ii) Achilles tendonitis
- (iii) Patellafemoral pain syndrome
- (iv) Rotator cuff tear
- (A) Lower back of leg
- (B) Knee joint
- (C) Foot
- (D) Shoulder joint

Keys

- (a) (i) C, (ii) A, (iii) B, (iv) D
 - (b) (i) A, (ii) B, (iii) C, (iv) D
 - (c) (i) B, (ii) C, (iii) A, (iv) D
 - (d) (i) C, (ii) B, (iii) D, (iv) A.
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