

2022

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. Define the term Rehabilitation. Write down the steps of Rehabilitation. Briefly describe the guiding principles of Rehabilitation. 3+4+8

Or,

What do you mean by Athletic care? Explain the relations between Athletic care and Rehabilitation. Discuss the importance of Rehabilitation for sports injury. 3+4+8

2. What are the objectives of Rehabilitation? Describe the role of Isotonic, Isometric and Isokinetic exercises in terms of Rehabilitation from sports injuries. 6+9

Or,

Discuss the uses of Active, Passive, Assisted and Resisted exercises with suitable examples for rehabilitation of injuries. 15

3. What do you mean by corrective Physical Education? What are the objectives of this sub-discipline? Explain the common postural deformities of spine and suggest few exercises for their correction. 3+4+8

Or,

Define posture. What are the characteristics of standard standing posture? Explain the common postural deformities of lower limb with their corrective exercises. 3+4+8

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

- (a) Laws of tapping
- (b) Principles of therapeutic modalities
- (c) Cryotherapy and Ultrasound therapy
- (d) Physiological effects of massage.

Please Turn Over

5. Answer the MCQ by choosing the right option from the following and write it on your answer-script
(any ten) : 1×10

- (a) Goal of Rehabilitation focuses on
- (i) Prevention of athletic injury
 - (ii) Immediate treatment only
 - (iii) Come back of athletes to the field with their previous strength as soon as possible
 - (iv) All of the above.
- (b) Which of the following is not a preventive technique of athletic injury?
- (i) Warm-up
 - (ii) Stretching
 - (iii) Treatment
 - (iv) Protective equipments.
- (c) Most intense heating takes place during Ultrasound Therapy at
- (i) Skin
 - (ii) Fat
 - (iii) Tissue interface
 - (iv) Muscle.
- (d) The shortening of muscle during contraction is called
- (i) Eccentric
 - (ii) Concentric
 - (iii) Isometric
 - (iv) None of the above.
- (e) Inadequate rehabilitation of the athletes result to
- (i) Prone to re-injury of the affected area
 - (ii) Psychologically disturb
 - (iii) Incapable of performing at pre-injury standard
 - (iv) All of the above.
- (f) Which of the following methods is considered as Electrotherapy treatment?
- (i) PNF
 - (ii) TESN
 - (iii) CPM
 - (iv) None of the above.

(3)

(g) Application of cold for the treatment of injury is called

- (i) Thermotherapy
- (ii) Cryotherapy
- (iii) Contrast bath
- (iv) Radiotherapy.

(h) Sprain is an injury associated with

- (i) Muscle
- (ii) Tendon
- (iii) Ligament
- (iv) None of the above.

(i) Continuous passive motion apparatus is used to

- (i) Increase range of motion
- (ii) Maintain range of motion
- (iii) Strengthen of knee muscle
- (iv) Strengthen of calf muscle.

(j) Ultrasound can be used to treat

- (i) Osteomyelitis
- (ii) Soft tissue injuries
- (iii) Open fracture
- (iv) All of the above.

(k) Which treatment is required for sprain or strain?

- (i) Hot wet pack
- (ii) Thermal treatment
- (iii) Ice pack
- (iv) Heat and cold pack.

(l) Which of the following is a spinal injury?

- (i) Fracture of radius
 - (ii) Dislocation of hummers
 - (iii) Slipped disc
 - (iv) Laceration on back.
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