

2023

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'. What are the basic points to be kept in mind when a rehabilitation programme of an injured athlete is running? What are the basic differences between Rehabilitation and Treatment? 3+7+5

Or,

Name and explain the different types of rehabilitation. Why is rehabilitation important to restore the functional ability of an injured sportsperson? 7+8

2. What do you understand by tapping? Briefly describe the principles and precautions of tapping. Give suitable examples of passive, active, assisted and resisted exercises for shoulder dislocation. 3+8+4

Or,

Explain Proprioceptive Neuromuscular Facilitation. Describe the role of Continuous Passive Movement in terms of rehabilitation from sports injuries. What should be the rehabilitative exercises for ankle sprain in a progressive manner? 7+4+4

3. What do you mean by posture and deviation of posture? Explain lordosis and scoliosis with diagrams and suggest measures for correction. 5+10

Or,

State the objectives of Corrective Physical Education. What are the causes of incorrect posture? Mention the causes of flat foot and the corrective exercises that may remove the deformity. 4+4+7

4. Write short notes on (*any two*) : 7½×2
- (a) Importance of massage
 - (b) Principles of Therapeutic Modalities
 - (c) Thermotherapy and Cryotherapy
 - (d) Classification of massage.

Please Turn Over

5. Answer the following MCQs by choosing the correct option given below and writing it on your answer script (*any ten*) : 1×10

- (a) Posture with lateral curvature of vertebral column is known as
- (i) Scoliosis (ii) Kyphosis
(iii) Lordosis (iv) None of these.
- (b) The first aid that should be given to a person suffering from immediate swelling is
- (i) Cryotherapy (ii) Heat Therapy
(iii) Whirlpool (iv) Ultrasound.
- (c) Which of the following is involved in injuries called strain?
- (i) Bone (ii) Tendons
(iii) Ligaments (iv) Muscle.
- (d) Which of the two therapies does contrast-bath combine?
- (i) Diathermy and cryotherapy (ii) Hydrotherapy and thermotherapy
(iii) Cryotherapy and thermotherapy (iv) Electrotherapy and naturotherapy.
- (e) Which is the first step of wound healing?
- (i) Hemostasis (ii) Inflammation
(iii) Proliferation (iv) Maturation.
- (f) Elevation helps in injury by
- (i) Helping to support the weight of the limb
(ii) Allowing white blood cells to be released to fight against infection
(iii) Reducing blood flow to the area
(iv) Increasing blood flow to the area.
- (g) Full form of CPR is
- (i) Cardiopulmonary Rehabilitation (ii) Cardiopulmonary Retention
(iii) Cardiopulmonary Resuscitation (iv) Cardiopulmonary Rejuvenation.
- (h) Hydrotherapy is treatment with
- (i) Hot water (ii) Cold water
(iii) Ice (iv) Hot and cold water.
- (i) Muscle cramp is treated by
- (i) Cold application
(ii) Hot application
(iii) Alternate Hot and Cold application
(iv) Passive and Active stretching exercise.

- (j) The lengthening of muscle during contraction is called
- (i) Eccentric
 - (ii) Concentric
 - (iii) Isometric
 - (iv) None of these.
- (k) Purpose of Continuous passive movement is to
- (i) Increase range of motion
 - (ii) Maintain range of motion
 - (iii) Strengthen knee muscle
 - (iv) Strengthen calf muscle.
- (l) Vapo-coolant spray is a kind of
- (i) Thermotherapy
 - (ii) Cryotherapy
 - (iii) Hydrotherapy
 - (iv) Mechanical therapy.
-