



LONG ESSAY

2 X 20 = 40 Marks

1. Discuss the phases of throwing, muscular activity involved and a note on the pathomechanics of an unstable shoulder joint.
2. Describe the mechanical properties of articular cartilage and its response to injury, immobilization and rehabilitation.

SHORT ESSAY

6 X 10 = 60 Marks

3. Kinetics of patellofemoral joint during squat exercises.
4. Fat metabolism and energy production.
5. Edwards concept of combined movements.
6. Osteo-chondritis dissecans.
7. Evaluation of back pain in a swimmer.
8. Golfer's elbow.

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