



[LF 135]

OCTOBER 2014

Sub. Code: 8135

**MASTER OF PHYSIOTHERAPY (MPT) DEGREE EXAMINATION
SECOND YEAR**

BRANCH V – SPORTS PHYSIOTHERAPY

PAPER II – PHYSIOTHERAPY INTERVENTIONS

(SPECIALITY – II)

Q.P. Code: 278135

Time: Three Hours

Maximum: 100 marks

Answer All questions

I. Elaborate on:

(2 x 20 = 40)

1. Discuss in detail the mechanics of four competitive swimming strokes.
Add a note on the functional difference between throwing and swimming actions which will have an impact in the rehabilitation of shoulder injuries.
2. Flexibility conditioning for runners. Add a note on neuro-physiology of stretching.

II. Write notes on:

(10 x 6 = 60)

1. Pathomechanics of tennis elbow.
2. Physiology of plyometrics.
3. Predisposing factors and management of medial tibial stress syndrome.
4. Common respiratory symptoms in athletes.
5. Exercise related causes of headache.
6. Ergonomics in sports.
7. Sports drink and fluid requirements – before, during and after training.
8. Hip adductor tendinopathy – Causes and Treatment.
9. Various sports training methods using hydrotherapy.
10. Prehabilitation programme.
