

MASTER OF PHYSICAL EDUCATION EXAMINATION, 2023

(1st Year, 2nd Semester)

ATHLETIC CARE AND REHABILITATION

PAPER - MPCC- 203

Time : Three hours

Full Marks : 70

Mention the Question number clearly before writing the answer

Group - A

Answer *any three* questions: 15×3=45

1. Define rehabilitation. Explain the steps of the rehabilitation process. Discuss the guiding principles of rehabilitation. 2+6+7=15
2. Elaborate the different types of rehabilitative exercises with examples. Describe the indications and contraindications of strapping and taping. 8+7=15
3. Define corrective physical education and state the objectives of corrective physical education. Explain the types of corrective treatment that would be used for treating postural deformities in general. Elaborate the types of physiotherapy. 5+5+5=15
4. Explain the guiding principles of therapeutic modalities. Give the mechanism of cryotherapy. Explain the types of electrotherapeutic modalities used to treat injuries. 5+5+5=15
5. Classify massage with example. Give the guiding principles of massage and the effects of massage on the human body. 5+5+5=15

Group - B

Write notes on *any two* of the following : 7.5×2=15

6. Need and Importance of Physiotherapy
7. Rehabilitation techniques to treat sports injuries
8. Flat Foot
9. Posture Tests

Group - C

10. Write the correct option (*any ten*): 1×10=10

- i) is a postural deformity that occurs at ages between 12-15 years in children.
 - a) Postural kyphosis
 - b) Congenital kyphosis
 - c) Scheuermann's kyphosis
 - d) Age related kyphosis

ii) Linear movement of the hand in direction of venous return and lymphatic drainage is called

- a) effleurage
- b) petrissage
- c) palmar kneading
- d) tapotement

iii) is the forcible involuntary contraction of the muscle.

- a) Muscle fatigue
- b) Muscle atrophy
- c) Muscle dystrophy
- d) Muscle spasm

iv) Match the following:

- | | | |
|----------------------------|---|----------------|
| I. Marfan's syndrome | — | A. Lordosis |
| II. Cozen's Phenomenon | — | B. Kyphosis |
| III. Scheuermann's disease | — | C. Knock knees |
| IV. Crooked spine | — | D. Flat foot |
| | | E. Scoliosis |

Codes:

- | | | | | |
|----|---|----|-----|----|
| | I | II | III | IV |
| a) | D | C | B | E |
| b) | B | D | A | C |
| c) | B | D | C | E |
| d) | A | B | D | C |

v) are not principles of rehabilitation.

- a) Avoid aggravation and compliance
- b) Timing and Individualization
- c) Rescue and specific sequencing
- d) Progression and Release

vi) is a contraindication for taping.

- a) Recommended over broken skin
- b) Not recommended for patients with a fever
- c) Recommended during pregnancy
- d) Not recommended for musculoskeletal pain

vii) Four chambered galvanic bath combines and energy.

- a) electrical and chemical
- b) electrical and magnetic
- c) electrical and hydro
- d) magnetic and hydro

viii) and are superficial heating modalities.

- a) Short wave and microwave diathermy
- b) Ultra sound therapy and infrared therapy
- c) Contrast and paraffin bath
- d) TENS and EMS

ix) Joint lubrication and flexibility is improved by

- a) PROM
- b) AROM
- c) AAROM
- d) All of the above

x) Again-make fit is synonymous to

- a) Physiotherapy
- b) Corrective Physical Education
- c) Rehabilitation
- d) Therapeutic Modalities

xi) Match the following:

- | | | |
|------------------------|---|----------------------|
| I. Campbell White | — | A. cryosurgery |
| II. James Arnot | — | B. liquified oxygen |
| III. Dr. Irving Cooper | — | C. refrigeration |
| IV. Cailletet | — | D. first use of cold |

Codes:

- | | I | II | III | IV |
|----|---|----|-----|----|
| a) | C | A | B | D |
| b) | B | D | A | C |
| c) | B | C | D | A |
| d) | A | D | A | B |

xii) is applied to joints passively for improvement in ROM.

- a) CPM
- b) PNF
- c) Resistive Exercise
- d) Assistive Stretching