

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[LQ 1120]

NOVEMBER 2020
(MAY 2020 SESSION)

Sub. Code: 8185

MPT DEGREE EXAMINATION
SECOND YEAR – (From the A.Y. 2018-2019)
BRANCH V – SPORTS PHYSIOTHERAPY
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
Q.P. Code : 278185

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain the patho-mechanics of Patello-femoral pain syndrome – its signs & symptoms and treatment program.
2. Describe in details about the phases of throwing and Throwing Injuries in Sports.

II. Write notes on:

(10 x 6 = 60)

1. Oxygen debt.
2. Upper limb Plyometrics.
3. Clinical significance of Q angle.
4. Taping in Sports.
5. Rehabilitation following Meniscal injury.
6. Ballistic stretching.
7. Ergonomics in Sports.
8. Endurance training for Swimmers.
9. Triaging.
10. Tibial Stress Syndrome.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0321]

MARCH 2021

Sub. Code: 8185

(OCTOBER 2020 EXAM SESSION)

MPT DEGREE EXAMINATION

SECOND YEAR

BRANCH V – SPORTS PHYSIOTHERAPY

SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS

Q.P. Code : 278185

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Write in detail whole body conditioning and preventive exercises in training a spin bowler in cricket.
2. Explain in detail the common injuries and their management in the basket ball player. Add a note on return to sports criteria.

II. Write notes on:

(10 x 6 = 60)

1. CPR and shock management during off and on field.
2. Ergonomics for sports
3. Jersey finger.
4. Eccentric training for Achilles tendinitis.
5. Ergogenic aid for sports..
6. Neural tissue mobilization for sciatic nerve.
7. Exercises for sports anxiety.
8. Triangular fibro cartilage complex injury and its management.
9. Radial tunnel syndrome.
10. Well balanced diet for an athlete.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0921]

**SEPTEMBER 2021
(MAY 2021 EXAM SESSION)**

Sub. Code: 8185

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from 2018-2019)
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH V – SPORTS PHYSIOTHERAPY
*Q.P. Code : 278185***

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain in detail about principles of prevention of injuries.
2. Explain in detail about the various phases of physiotherapy management to return to sports after ACL reconstruction in football player.

II. Write notes on:

(10 x 6 = 60)

1. Agility training.
2. Emergency on field management.
3. Management after rotator cuff repair.
4. Core strengthening exercises for sports.
5. Management of patella femoral instability.
6. Management of quadriceps contusion.
7. Upper limb plyometrics.
8. Protective equipments in sports and principals in application.
9. FITT principles.
10. Running injuries and prevention.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0222]

**FEBRUARY 2022
(OCTOBER 2021 EXAM SESSION)**

Sub. Code: 8185

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from 2018-2019)
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH V – SPORTS PHYSIOTHERAPY
*Q.P. Code : 278185***

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Write in detail about the management of posterior cruciate ligament injury in a professional foot ball player.
2. Discuss the protocol for the enhancement of peak performance in cycling sports.

II. Write notes on:

(10 x 6 = 60)

1. Medico legal issues in sports.
2. Protective and supportive equipments.
3. Sport diving.
4. IT Band friction syndrome.
5. Deep dynamic myofascial techniques.
6. Effect of exercise on temperature regulation.
7. Star excursion test.
8. Mc'connel tapping.
9. Punch-Drunk syndrome.
10. Agility training for sprinters.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0622]

**JUNE 2022
(MAY 2022 EXAM SESSION)**

Sub. Code: 8185

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from 2018-2019)
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH V – SPORTS PHYSIOTHERAPY
*Q.P. Code : 278185***

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain the patho-mechanics of medial tibial stress syndrome (MTSS) – its signs and symptoms and treatment program.
2. Describe in details about running biomechanics and running Injuries in runners.

II. Write notes on:

(10 x 6 = 60)

1. Principles of injury prevention.
2. Plyometric training in athletes.
3. Psychology in sports.
4. Sports conditioning exercises.
5. Conservative management following meniscal injury.
6. Role of stretching in athletes.
7. Prevention and management of dehydration in athletes.
8. Therapeutic exercise in tendoachilles tendonitis.
9. Endurance training for swimmers.
10. Patello femoral pain syndrome.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0223]

**FEBRUARY 2023
(OCTOBER 2022 EXAM SESSION)**

Sub. Code: 8185

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH V – SPORTS PHYSIOTHERAPY**

Q.P. Code : 278185

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain the patho-mechanics of Anterior cruciate Ligament Injury in basketball player and Clinical symptoms and treatment program including post operative accelerated rehabilitation protocol.
2. Describe in details about the phases of throwing and SLAP lesion in Sports and conservative rehabilitation program in detail.

II. Write notes on:

(10 x 6 = 60)

1. Delayed onset of muscle soreness and role of sports physiotherapist.
2. Heat stroke in long distance runners.
3. Clinical significance of Feiss line.
4. Drop squat exercise in patella femoral pain syndrome.
5. Rehabilitation following ankle anterior talofibular ligament injury.
6. Strength training for power lifters.
7. Shoulder impingement in throwers.
8. Endurance training for ultra-marathon runners.
9. Pre game meal for an athlete.
10. Use of Ergogenic aids in sports.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0523]

MAY 2023

Sub. Code: 8185

MPT DEGREE EXAMINATION

SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)

SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS

BRANCH V – SPORTS PHYSIOTHERAPY

Q.P. Code: 278185

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Discuss in detail about the training methods and various exercise strategies used in conditioning the lower extremity for Sprinters.
2. Describe the common injuries associated with weightlifting. Outline of Physiotherapy management strategy to prevent injuries in weightlifting.

II. Write notes on:

(10 x 6 = 60)

1. Sports-specific training program for Wrestling.
2. Protective equipment's used for sports training.
3. Importance of Core stability.
4. Management for Radiocarpal impingement syndrome.
5. Role of Ergonomics in sport.
6. Power training.
7. Neuromuscular training in sports rehabilitation.
8. How to enhance peak performance in cycling sports?
9. Physical Performance Training for Boxers.
10. Taping for Sports related injuries of knee.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 1223]

**DECEMBER 2023
(OCTOBER 2023 EXAM SESSION)**

Sub. Code: 8185

**MPT DEGREE EXAMINATION
SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH V – SPORTS PHYSIOTHERAPY**

Q.P. Code: 278185

Time : Three hours

Answer ALL Questions

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Common soft tissue injuries seen in Volleyball. Explain the Mechanism of injuries and its management.
2. Discuss in detail the training methods and various exercise strategies used in conditioning the lower extremity of a professional Kabbadi player.

II. Write notes on:

(10 x 6 = 60)

1. Management for Swimmer's Shoulder.
2. Jersey Finger.
3. Therapeutic Exercise Prescription.
4. On-field Sports Massage.
5. Core Exercises.
6. Eccentric Muscle Training.
7. Conditioning Exercises.
8. Sports Specific Fitness Training for Sprinters.
9. Importance of Athletic Emergency Care and First-aid.
10. Proprioception Training in Sports.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0524]

MAY 2024

Sub. Code: 8185

MPT DEGREE EXAMINATION

**SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH V – SPORTS PHYSIOTHERAPY**

Q.P. Code: 278185

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Physiotherapy management of 22 year old Basketball player who had underwent rotator cuff repair.
2. Sports Specific Physiotherapy Management for a Sprinting Female Athlete following Meniscal Repair for return to Sports.

II. Write notes on:

(10 x 6 = 60)

1. Taping for Sports Related Injuries of Shoulder.
2. Aerobic Fitness Training.
3. Trigger Point Release.
4. Swiss Ball Exercises.
5. Plyometrics for Upper Limb.
6. Stabilization Exercises
7. Importance of Protective and supportive equipments.
8. High Altitude Training.
9. Sports and Fitness in Paediatrics.
10. Psychology in Sports.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 1024]

OCTOBER 2024

Sub. Code: 8185

MPT DEGREE EXAMINATION

SECOND YEAR - (Regulations for the candidates admitted from the academic year 2018-2019)

SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS

BRANCH V – SPORTS PHYSIOTHERAPY

Q.P. Code: 278185

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain rehabilitation for Anterior cruciate ligament reconstruction for football player and criteria for return to sports.
2. Discuss in detail the training methods and various exercise strategies used in conditioning of Volleyball athlete in precompetitive phase.

II. Write notes on:

(10 x 6 = 60)

1. Muscle Cramps and its management.
2. Intrinsic and Extrinsic factors of Overuse injuries.
3. Lower limb sports injuries and associated biomechanical abnormalities.
4. The role of Nutrition in aiding recovery phase.
5. Protective equipment in Sports.
6. Effect of core strengthening in sports.
7. Under water treadmill running.
8. Management of concussed athlete.
9. Doping in sports.
10. Agility training in return to sports.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 0525]

MAY 2025

Sub. Code: 8185

**MPT DEGREE EXAMINATION
SECOND YEAR - (Candidates admitted 2018-2019 onwards)
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH V – SPORTS PHYSIOTHERAPY**

Q.P. Code: 278185

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Biomechanics of Throwing and Management of Rotator cuff injuries for fast bowler in cricket.
2. Explain Different types of injury mechanism and Principles of Injury prevention.

II. Write notes on:

(10 x 6 = 60)

1. Classification of Sports injuries.
2. Stress Fracture in Sports.
3. Difference between Myofascial pain syndrome and Fibromyalgia.
4. Principles of Training in sports.
5. Common investigation recommended for sports injuries.
6. Strength and balance training for ankle sprain.
7. Integration of the kinetic chain in sports rehabilitation.
8. Taping and splinting in sports.
9. Hamstring strain and its management.
10. Blood flow occlusion training in sports.

THE TAMIL NADU DR. M.G.R. MEDICAL UNIVERSITY

[MPT 1025]

OCTOBER 2025

Sub. Code: 8185

**MPT DEGREE EXAMINATION
SECOND YEAR - (Candidates admitted 2018-2019 onwards)
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS
BRANCH V – SPORTS PHYSIOTHERAPY**

Q.P. Code: 278185

Time: Three hours

Answer ALL Questions

Maximum: 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Describe the common injuries associated with Gymnastics players and discuss the Physiotherapy management strategy.
2. Discuss the Intrinsic and extrinsic strategies of injury prevention in kho-kho players.

II. Write notes on:

(10 x 6 = 60)

1. Myofascial Techniques.
2. Stabilization exercises for lumbar region.
3. Warm – up and Cool – down period.
4. Importance of Sports taping.
5. Athletic emergency care and first-aid.
6. Importance of carbohydrate loading diet.
7. Medico legal issues in sports.
8. Effects of exercise on temperature regulation.
9. General principles and application of specific fitness training in sports.
10. Discuss the purpose of High-altitude training for sportsmen.
