

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

[LP 135]

OCTOBER 2019

Sub. Code: 8135

**MPT DEGREE EXAMINATION
SECOND YEAR
BRANCH V – SPORTS PHYSIOTHERAPY
SPECIALITY PAPER II – PHYSIOTHERAPY INTERVENTIONS**

Q.P. Code : 278135

Time : Three hours

Maximum : 100 Marks

I. Elaborate on:

(2 x 20 = 40)

1. Explain in details about immediate on field management and post operative management of Anterior Cruciate Ligament injury following Hyper extension of the knee in a hockey player.
2. Explain the Cardiovascular, respiratory, metabolic adaptations that would be observed in the individual following aerobic exercise training.

II. Write notes on:

(10 x 6 = 60)

1. Warm up schedule.
2. Interval training.
3. SHIN splints.
4. Hold relax technique in Hamstring tightness.
5. Different ways of stretching piriformis.
6. Principles of sports wrapping.
7. Various types of Fatigue.
8. Ideal sports shoe.
9. Doping – list few agents and its ill effects.
10. Heat stroke.
