

P P SAVANI UNIVERSITY

Seventh Semester of B. P.T. Examination

February 2021

SPPT4030 Sports Physiotherapy

05.02.2021, Friday

Time: 10:00 a.m. To 10:30 a.m

Maximum Marks: 20

Instructions: Question paper has two modules :

Module1 is Multiple Choice Questions is of 20marks (Time:30 minutes)

INSTRUCTIONS FOR MODULE 1 (MCQ)..20 MARKS

1. 20 Multiple choice questions.
2. All questions are compulsory.
3. You have to attempt all the questions to submit your response.
4. Each question carries 1 marks for each correct answer and 0 marks for wrong answers.
5. Only 30 minutes will be given for attempting and submitting the response.
6. After completion of exam time , 02 marks will be deducted per minute for delay in submission

MODULE 1

- 1) **The gold standard for diagnosis of Osteoporosis is:**
 - a) Dual energy X ray absorptiometry
 - b) Ultrasonography
 - c) Quantitative computed tomography
 - d) MRI
- 2) **A physical therapist tapes the ankle of a young athlete with a history of a recurrent inversion ankle sprains. The therapist elects to use the closed basket weave strapping technique. Which of the following is not accurate when using this technique?**
 - a) One and a half inch adhesive tape is traditionally used.
 - b) Stirrups should be applied pulling the foot into inversion.
 - c) The foot should remain in dorsiflexion during strapping to provide additional support using figure eight with or without heel locks.
 - d) None of the above
- 3) **Cooling down exercises are performed for the period of :**
 - a) 5 to 8 minutes
 - b) 1 to 2 minutes
 - c) 15 to 20 seconds
 - d) 30 to 45 seconds
- 4) **High intensity and high velocity resistance exercises characterized by a resisted eccentric muscle contraction followed by a rapid concentric contraction and designed to increase muscle power is known as :**
 - a) Stress Endurance exercises
 - b) Hold relax exercises

- c) Agility training
 - d) Plyometric training
- 5) A female distance runner complains of a recurrent friction blisters whenever she increases the intensity of her training regimen. Appropriate physical therapy care of friction blisters includes all of the following except:
- a) Pad the blister with a pressure pad
 - b) Use of skin tougheners with astringents
 - c) Soak regularly in ice water after activity
 - d) Make a large incision along the periphery of the blister with a sterile instrument.
- 6) Which of the following is contraindication for manual stretching?
- a) Decreased ROM because of adhesions
 - b) Muscle weakness
 - c) Muscle shortening
 - d) Bony block to joint motion
- 7) A therapist attempts to gather information on the ligamentous integrity of a patient's knee. Which special test would be inappropriate based on the desired objective?
- a) Posterior sag sign
 - b) Anterior drawer test
 - c) McMurray test
 - d) Lachman test
- 8) Thomas knee flexion test is used to detect :
- a) Lumbar lordosis
 - b) Obliquity of pelvis
 - c) Hip flexion deformity
 - d) Knee flexion deformity
- 9) Thomas knee flexion test is performed by:
- a) Abducting affected hip
 - b) Adducting affected hip
 - c) Flexing affected hip
 - d) Flexing normal hip
- 10) Turf toe is also known as :
- a) Hallux limitus
 - b) First MTP joint sprain
 - c) Metatarsalgia
 - d) Hallux valgus
- 11) Mallet finger is produced in which of the following injuries?
- a) Avulsion of flexor profundus tendon at the base of terminal phalanx
 - b) Avulsion of extensor tendon at base of proximal phalanx

- c) Avulsion of extensor tendon from distal phalanx
- d) None of the above

12) Tietze syndrome is:

- a) Stress fracture of the rib
- b) A painful inflammation of a single costochondral joint
- c) Synovitis of radio-humeral joint
- d) Osteochondritis of Capitellum

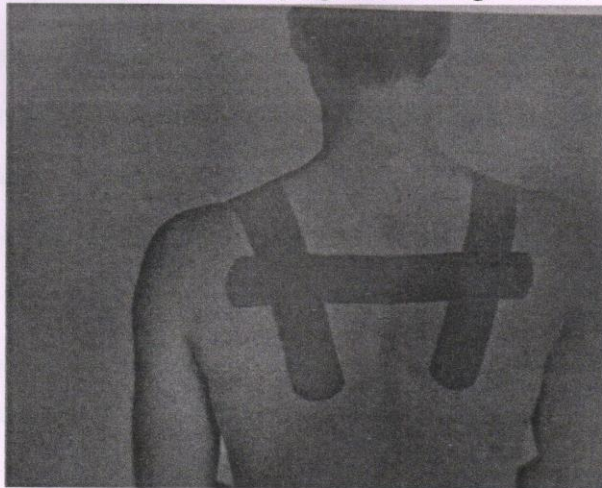
13) Jones fracture is:

- a) Fracture of 5th metatarsal at the level of articulation of the fourth and fifth metatarsals.
- b) Cuboid fracture
- c) Fracture of tuberosity at the base of the fifth metatarsal
- d) None of the above

14) Leg pain in athletes may be caused due to following:

- a) Periosteal contusion
- b) Electrolyte and metabolic dehydration cramping
- c) Popliteal artery entrapment
- d) All of the above

15) The purpose of taping shown in figure is to:



- a) Treat Trapezius spasm
- b) To Stretch Upper fibers of Trapezius
- c) To promote scapular posterior tilt and retraction
- d) To promote scapular upward rotation

16) Keinbocks disease is:

- a) Perilunate dislocation
- b) Avascular necrosis of lunate

- c) Forearm compartment syndrome
 - d) Extensor carpi ulnaris dislocation
- 17) Radial tunnel syndrome is:
- a) Extensor tendinopathy
 - b) Synovitis of radiohumeral joint
 - c) Posterior interosseous nerve entrapment
 - d) Osteochondritis
- 18) Tarsal tunnel syndrome is:
- a) Entrapment of sural nerve
 - b) Flexor hallucis longus tendinopathy
 - c) Entrapment of posterior tibial nerve
 - d) Tibialis posterior tendinopathy
- 19) Regarding Traction apophysitis which pair is incorrect:
- a) Anterior inferior iliac spine--- rectus femoris
 - b) Anterior superior iliac spine---sartorius
 - c) Lesser trochanter--- iliopsoas
 - d) None of the above
- 20) Following factor does not contribute to medial knee pain in breaststroke swimmers:
- a) Varus alignment of the lower limb
 - b) Asymmetrical hip internal rotation or tibial external rotation
 - c) Large abduction angle of the hips during the kick
 - d) Ineffective arm-leg coordination may increase load on lower limb

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February 2021

SPPT4030 Sports Physiotherapy

05.02.2021, Friday

Time: 10:30 a.m. To 12:30 p.m

Maximum Marks: 50

Module 2 is of 50 Marks (Time: 2 hours)

In module 2 -Attempt any **TEN** questions. Each question carries maximum 05 marks.

Write your answer on a paper (Preferably A4 sheet) and make sure to include following information on **each sheet**:

- 1) Your Enrollment ID (on top of the page)
- 2) Subject Code (on top of the page)
- 3) Name of the Subject (on top of the page)
- 4) Date (on bottom of the page)
- 5) Your Signature (on bottom of the page)
- 6) Page number (on bottom of the page)
- 7) Students will get only 15 minutes (12:45pm) to scan and upload PDF answer sheets. After completion of exam time, 05 marks will be deducted per minute for delay submission.

MODULE - II

Q) Attempt any ten questions.

[50]5*10=50

- (i) Explain lower limb biomechanical evaluation of an injured soccer player?
- (ii) What is Central sensitization?
- (iii) Describe Phases of Throwing?
- (iv) Anaerobic Training and Interval training
- (v) Sports injuries suffered by a Cricket Bowler
- (vi) What is Tendinopathy? Explain Principles of rehabilitating lower limb tendinopathy
- (vii) Causes, clinical features of Shin Splints and management
- (viii) PT management in Post arthroscopic repair of Anterior Cruciate Ligament
- (ix) Principles of Sports Taping
- (x) Indications of Dry needling
- (xi) Risk factors, Pathophysiology, Clinical tests of Achilles Tendinopathy
- (xii) What is Osteochondritis dissecans? What are its causes and clinical features?

FOR MODULE- 2

SAMPLE A4 SIZE ANSWERE SHEET WHICH IS TO BE UPLOADED

SAMPLE ANSWER SHEET INFORMATION



| Subject Code | Subject Name | Enrolment Id |
|---------------------|-------------------------|---------------------|
| SSBT1010 | Introduction to Biotech | 16SS02BT001 |

Exam: Regular / Retest / Backlog

Semester: 2nd

Academic Year: 2019-20

Timing: 09:00 to 11:00 am

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Student Signature
Date: 26/05/2020