

2025

ATHLETIC CARE AND REHABILITATION

Course : MPCC-203

Full Marks : 70

The figures in the margin indicate full marks.

*Candidates are required to give their answers in their own words
as far as practicable.*

1. Define rehabilitation. Briefly explain different types of rehabilitation. How does a good rehabilitation programme help injured athletes to come back to their normal condition to continue their athletic life?
2+6+7

Or

Why is rehabilitation programme important in the field of sports? When should the rehabilitation programme be started after an accident? Briefly discuss the basic principles of a rehabilitation programme.
6+2+7

2. What is tapping? What are the basic differences present in between isokinetic and isometric stretching exercises? Briefly explain Proprioceptive Neuromuscular Facilitation technique.
2+5+8

Or

Explain CPM used in rehabilitation programme. What are the differences present in between active and passive exercises? Briefly explain the assisted and resisted exercises.
2+5+8

3. What is postural deviation? Write the causes, symptoms and treatment procedure of any two postural deviation of vertebral column. What is corrective physical education?
2+10+3

Or

What is knock-knee? Briefly explain the measurement technique of Lordotic Spine. What are the basic points of having a good posture?
4+5+6

4. Write notes on following (**any two**) :
7½×2
- (a) Interferential therapy
 - (b) Guiding principles of therapeutic modalities
 - (c) Massage
 - (d) Cryotherapy.

Please Turn Over

(2043)

5. Answer the following MCQs by choosing the correct alternative given below for each quest on and writing it on your answer script (*any ten*) : 1×10

- (a) Which of the following devices uses high frequency electric current?
- (i) Diathermy (ii) TENS
(iii) Interferential therapy (iv) Faradic type current.
- (b) The therapeutic modalities should be chosen to stimulate denervated muscle is
- (i) Galvanic current (ii) Faradic current
(iii) SWD (iv) All of these.
- (c) Term 'TENS' stands for :
- (i) Transcuaneous Electrical Nerve Stimulation
(ii) Transcurrent Electrical Nerve Stimulation
(iii) Transcutaneous Electrical Neuromuscular Stimulation
(iv) None of the above.
- (d) Which is the right time period known as sub-acute treatment period?
- (i) 0 to 12 hrs. (ii) 12 hrs. to 4 days
(iii) 5 to 14 days (iv) None of these.
- (e) Which is the full form of CPM?
- (i) Continuous Passive Motion (ii) Continuous Past Motion
(iii) Continuous Passive Motornerve (iv) None of these.
- (f) *Paschimantasana* helps to remove
- (i) Kyphotic deformity (ii) Scoliotic deformity
(iii) Lordotic deformity (iv) None of these.
- (g) 'Tapotment' technique of massage involves
- (i) Stroking (ii) Pounding
(iii) Kneading (iv) Friction.
- (h) Contrast bath is a therapeutic modality used in which of the following therapeutic procedures?
- (i) Penetrating thermotherapy (ii) Cryo therapy
(iii) Superficial thermotherapy (iv) Both (ii) and (iii).
- (i) Flat foot is also known as
- (i) Pes Cavus (ii) Pes Planus
(iii) High Arch (iv) None of these.

(j) Which modality will be the best choice for thermal effects in deep tissue?

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| (i) Short wave diathermy | (ii) Cryostretching |
| (iii) Contrast bath | (iv) Interferential therapy. |

(k) Which is not a primary benefit of tapping used for injury management?

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| (i) Improve joint stability | (ii) Reduced muscle spasm |
| (iii) Enhance muscle activation | (iv) None of these. |

(l) Ultrasound beams are not transmitted through

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| (i) Air | (ii) Glycerol |
| (iii) Distilled water | (iv) Vacuum. |
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