Rajiv Gandhi University of Health Sciences, Karnataka

Second Year Master of Physiotherapy Degree Examination – 02-Nov-2026

[Time: 3 Hours] **[Max. Marks: 100]**

Sports Injuries, Prevention, Management and Rehabilitation – Paper IV (RS-4)

Q.P. CODE: 8135

Your answers should be specific to the questions asked.
Draw neat, labeled diagrams wherever necessary.

Answer All The Questions **10 X 10 = 100 Marks**

1. Define the fundamental principles that guide the prevention of sports injuries.

2. Explain the effects of exercise on various hormones in the body.

3. Assess the causative factors behind ankle ligament injuries in badminton. Illustrate how targeted warm-up routines and proper technique contribute to injury prevention.

4. How do the injury patterns and risks differ between individual sports and team sports, and apply the prevention and management strategies accordingly to cater to these differences.

5. Determine the evidence-based implementation of advanced physiotherapy interventions for treating hamstring strains in sprinters and plan a comprehensive rehabilitation program for a grade 2 hamstring strain.

6. Develop the unique challenges in crafting sports injury prevention and management strategies for pregnant women engaging in physical activities.

7. Analyze the recovery process of a ballet dancer rehabilitating from an ankle sprain. Outline guidelines and protocols for returning to sports following conservative management.

8. Provide a comprehensive analysis of the post-operative recovery process for basketball players following ACL reconstruction surgery. Detail the rehabilitation protocol that can contribute to a safe and successful return to sports.

9. Outline typical injuries observed in elite tennis player. Explain the preventive measures and the role of physiotherapy in managing the conditions.

10. Explain the exercise prescription and special consideration for the elderly population.

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