

VINAYAKA MISSION'S RESEARCH FOUNDATION, SALEM**B.P.E.S. DEGREE EXAMINATION – November 2018****Third Semester****SPORTS PHYSIOTHERAPY**

Time: Three hours

Maximum: 75 marks

PART – A (10 x 2 = 20 marks)Answer any **TEN** questions. All questions carry equal marks.

1. Define Physiotherapy.
2. List any two principles of physiotherapy.
3. Define massage.
4. What is tapotement?
5. What is cryotherapy?
6. What is a whirlpool bath?
7. List the types of diathermy.
8. Define electrotherapy.
9. What are resisted exercises?
10. Define stretch reflex.
11. What is therapeutic movement?
12. Define the vibration technique in Swedish massage.

PART – B (5 x 5 = 25 marks)Answer any **FIVE** questions. All questions carry equal marks.

13. Discuss patients' expectations of physiotherapy.
14. Briefly explain the physiological benefits of massage.
15. Write short notes on wax bath and its benefits.
16. Discuss the advantages of ultra-violet rays.
17. Briefly explain passive movement.
18. Discuss the precautionary measures for hot-pack.
19. Briefly explain the role of physiotherapy in protection.
20. Explain the effleurage technique in Swedish massage.

PART – C (3 x 10 = 30 marks)Answer any **THREE** questions. All questions carry equal marks.

21. Explain the guiding principles of physiotherapy in detail.
22. Explain the origin and principles of massage in detail.
23. Discuss the advantages and disadvantages of a contrast bath.
24. Explain the treatment method and precaution of ultrasound waves.
25. Explain assisted and resisted exercises.
