**SPORTS MEDICINE 2**

1. Which of the following does not explain the importance of on-the-field injury assessment?
	1. **It is a universal protocol in sports medicine.**
	2. It helps determine the nature of injury.
	3. It provides information regarding direction of treatment.
	4. Without it appropriate acute care cannot be provided.
2. Which of the following statements is incorrect regarding the initial handling of unconsciousness resulting from sports injury?
	1. The physiotherapist should assume neck and spine injury until proved otherwise.
	2. If athlete is unconscious and breathing, nothing should be done until consciousness resumes.
	3. **If lying prone and breathing, the athlete should be carefully log-rolled into supine and then observed until consciousness resumes.**
	4. If lying prone and not breathing, the athlete should be log-rolled carefully into supine position then CPR begun immediately.
3. When instituting an off-the-field evaluation of injury which question among these listed should the athlete be asked last?
	1. What is the matter?
	2. How and when did it occur?
	3. Did you hear or feel something?
	4. **In which direction did the movement occur?**
4. Which of the following correctly explains the difference between therapeutic and conditioning exercises?
	1. **Therapeutic exercises apply in the course of treatment whereas conditioning exercises are used in prevention of or recovery from injury.**
	2. Conditioning exercises apply in the course of treatment whereas therapeutic exercises are used to minimize risk of injury.
	3. Therapeutic exercises have a higher demand on stroke volume and maximum oxygen uptake as compared to conditioning exercises.
	4. Conditioning exercises have a lower demand on stroke volume and maximum oxygen uptake as compared to therapeutic exercises.
5. Among the observations required in management of foot injuries is whether the athlete ‘favours a foot’. What does ‘favouring a foot’ imply?
	1. Being so mindful of his foot.
	2. **Relieving one foot from weight-bearing roles.**
	3. Pampering one foot in preference to the other.
	4. Taking extreme care about how much weight to transfer to his feet.
6. If physical examination of an athlete revealed a positive Morton’s test, which of the following would be a differential diagnosis?
	1. **Metatarsalgia.**
	2. Morton’s toe.
	3. Apophysitis of the calcaneum.
	4. Retrocalcaneal bursitis.
7. The Kleiger’s test is appropriate as a special test for the clinical diagnosis of
	1. **Damage to the deltoid ligament.**
	2. Tear of the anterior cruciate ligament.
	3. Damage to the anterior talofibular ligament.
	4. Tear of the posterior talofibular ligament.
8. The Tinel’s sign is a special test which when performed in the foot assesses the integrity of:
	1. Dorsalis pedis artery.
	2. **Posterior tibial nerve.**
	3. Posterior tibial artery.
	4. Tarsal tunnel syndrome.
9. Which of the following statements is not true regarding sports-related foot injuries?
	1. The weight-bearing role of the foot makes it so prone to injury.
	2. The weight-bearing role of the foot contributes to delayed healing of its injury.
	3. The relatively poor venous drainage contributes to delay healing of foot injury.
	4. **The bones of the foot fracture easily under stress because they are not long bones.**
10. Refer to the following slides:





What is the objective of the activity highlighted in the slides?

* 1. Strength training.
	2. **Core stabilization.**
	3. Flexibility training.
	4. Endurance training.