



قائمة الاسئلة

العلاج الطبيعي في الإصابات الرياضية - المستوى الثالث - قسم علاج طبيعي - كلية الطب والعلوم الصحية - برامج العلوم الطبية التطبيقية - الفترة الثالث

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- 1) One of roles of physiotherapy in sport is :
 - 1) Assessment
 - 2) Diagnosis
 - 3) Medication
 - 4) Surgery
- 2) Interinsic risk factor for injury is :
 - 1) Shoes
 - 2) Malalignment
 - 3) Psychological factor
 - 4) Inadquate nutrition
- 3) TOTAPS in on field examination meaning:
 - 1) Take-Observe- Touch- Active-Passive-Skills
 - 2) Tell-Observe- Touch- Active-Passive-Skills
 - 3) Talk-Observe- Touch- Active-Passive-Skills
 - 4) Team-Observe- Touch- Active-Passive-Skills
- 4) The advanced treatment protocol is:
 - 1) RICE
 - 2) PRICE
 - 3) RICER
 - 4) PEACE & LOVE
- 5) The cornerstone of muscle injury treatment is:
 - 1) Progressive rehabilitation
 - 2) PRICE
 - 3) PEACE & LOVE
 - 4) Additional medical therapies
- 6) The most common injury in football is:
 - 1) Laceration
 - 2) Hamstring
 - 3) Contusion
 - 4) Fracture
- 7) Aims of rehabilitation in cartilage injuries are:
 - 1) Reduced load and highimpact load-Mobility
 - 2) Promote the healing process-Return to function and activity
 - 3) Nutrition of the joint-Muscle strength
 - 4) Nutrition of the joint-Mobility
- 8) Exercises for shoulder instability:
 - 1) Closed chain exercises-Open chain exercises
 - 2) External rotators exercises
 - 3) External rotators eccentrics/deceleration exercises
 - 4) External rotators concentrics/deceleration exercises
- 9) To reduce stresses across tissue in tennis Elbow:
 - 1) NSAIDS & Steroids
 - 2) Rest & Counterforce braces
 - 3) Stretching
 - 4) Deep massage & Extracorporeal shock





- 10) Conservative treatment for lateral ankle injuries
- 1) RICE-Awareness-Range of motion-Flexion and extensor strength
 - 2) REST- CAST - BOOT-Range of motion
 - 3) REST - CAST - BOOT-Range of motion-Range of motion-Flexion and extensor strength
 - 4) REST- CAST -Range of motion
- 11) Risk factors in overuse/indirect Injuries
- 1) Internal (intrinsic)
 - 2) External (extrinsic) forces within the body
 - 3) Incorrect technique
 - 4) All the above
- 12) Excessive or repetitive use are example for
- 1) Overuse/Indirect Injuries
 - 2) Acute/Direct injuries
 - 3) All the above
 - 4) Non from the above
- 13) Possible cause in Acute/Direct injuries
- 1) Internal (intrinsic)
 - 2) External (extrinsic) forces within the body
 - 3) Incorrect technique
 - 4) All the above
- 14) Exterinsic risk factor for injury is :
- 1) Shoes
 - 2) Genetic factor
 - 3) Physiological factor
 - 4) Sex & size of the body
- 15) The signs of spinal injury
- 1) History of head injury
 - 2) History of neck injury
 - 3) All the above
 - 4) Non from the above
- 16) (Observe) in On field examination stand for
- 1) look for obvious deformity
 - 2) look for discolouration
 - 3) All the above
 - 4) Non from the above
- 17) (Touch) in On field examination stand for
- 1) Tenderness
 - 2) Location
 - 3) All the above
 - 4) Non from the above
- 18) (Objective) in Off field examination stand for
- 1) Visual, physical and functional inspections
 - 2) Functional ability / limitations
 - 3) All the above
 - 4) Non from the above
- 19) (Plan) in Off field examination stand for
- 1) Reviews probable cause and mechanism of injury
 - 2) Outline of action to care of the injury
 - 3) All the above





- 4) - Non from the above
- 20) (Protection) in PRICE protocol meaning
- 1) - Protect bleeding from the current damage
- 2) - Protect injury from the current damage
- 3) - All the above
- 4) Non from the above
- 21) Traction Splints used for
- 1) - short bone fractures
- 2) long bone fractures
- 3) - All the above
- 4) - Non from the above
- 22) Acute onset in muscle injuries refer to
- 1) - Over use injury
- 2) - delay onset muscle soreness
- 3) - All the above
- 4) Non from the above
- 23) The first progressive loading treatment in muscle injuries rehabilitation
- 1) - Not time based
- 2) - ROM
- 3) - Injury specific exercises
- 4) Isometric-concentric-excentric exercises
- 24) Second impact syndrome
- 1) - May be related to CAC1NAA gene
- 2) - Recognised complication of TBI
- 3) All the above
- 4) - Non from the above
- 25) Degenerative articular cartilage lesions (OA)
- 1) - Limited lesions
- 2) Surrounding and opposing cartilage affected
- 3) - All the above
- 4) - Non from the above
- 26) Focal articular cartilage lesions
- 1) - Limited lesions
- 2) - Young athletic individuals (20y- 40 y)
- 3) All the above
- 4) - Non from the above
- 27) [object]Non-surgical option in cartilage lesions[/object:0:0:]
- 1) - Physiotherapy
- 2) - Change of lifestyle
- 3) All the above
- 4) - Non from the above
- 28) Return to function and activity after cartilage repair by
- 1) Mobility
- 2) - ROM
- 3) - All the above
- 4) - Non from the above
- 29) Rotator cuff tears presented in
- 1) - athletes
- 2) older patients





- 3) - overuse
4) - Non from the above
- 30) Rotator cuff weakness presented in
- 1) athletes
2) - older patients
3) - overuse
4) - Non from the above
- 31) Ulnar Nerve in Athletes
- 1) - Usually present with paresthesias in 5th finger
2) - Hypothenar wasting or complete palsy is rare
3) All the above
4) - Non from the above
- 32) Medial Epicondylopathy
- 1) - More common than lateral
2) Flexor mass tendinosis within conjoined tendon
3) - All the above
4) - Non from the above
- 33) Mechanism of Injury in Lisfranc Injury
- 1) - Abduction - fixed hindfoot with applied abduction force to forefoot
2) - Plantar flexion - most recognized pattern
3) All the above
4) - Non from the above
- 34) Non-op Treatment for Plantar Fasciitis the following exepct
- 1) - Heel cushions
2) - Activity modification
3) - Stretching
4) Metatarsal pads
- 35) the conservative treatment for Anterior Ankle Pain
- 1) - Flexor Streach
2) - Flexor- and Extensor Streach
3) - Flexion Strength
4) Flexion- and Extensor Strength

