قائمة الاسئلة
العلاج الطبيعي في الإصابات الرياضية ـ المستوى الثالث ـ قسم علاج طبيعي ـ كلية الطب والعلوم الصحية ـ برامج العلوم الطبية التطبيقية ـ الفترة الثا
د/ أحمد علي أحمد المضواحي

1) One of roles of physiotherapy in sport is :
1) + Assessment
2) - Diagnosis
3) - Medication
4) - Surgery

2) Interensic risk factor for injury is :
1) - Shoes
2) + Malalignment
3) - Psychological factor
4) - Inadiquate nutrition

3) TOTAPS in on field examination stand for:
1) - Take-Obseve- Touch- Active-Passive-Skills
2) - Tell-Obseve- Touch- Active-Passive-Skills
3) + Talk-Obseve- Touch- Active-Passive-Skills
4) - Team-Obseve- 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) + Progresive rehabilitation
2) - PRICE
3) - PEACE & LOVE
4) - Aditional 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) - Streatching
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