

Chapter - 9

Sports Medicine

Very Short answer type Question (1 mark each)

Q.1 What is sports injury?

Ans. "Sports injuries" are the types of injuries that occur during participating in sports/ competition, training sessions or sports activities?

Q.2 How to classify sports injury?

Ans. 1. Soft tissue injuries :- The injury of muscles, tendons, ligaments.
2. Hard tissue injury :- The injury of bones & joints.

Q.3 What is soft tissue injury?

Ans. A soft tissue injury is the damage of muscles, ligaments and tendons throughout the body.

Q.4. Write types of soft tissue injury.

Ans. Types of soft tissue injuries include.

- Bruises (haematoma)
- Sprains (ligaments)
- Strains (tendons)
- Lacerations (skin)
- Tendonitis (tendons)

Q.5 What is Sport Medicine?

Ans. Sports medicine is a branch of medicine that deals with physical fitness, treatment and prevention of injuries related to sports related to sports and exercise.

Q.6. What is abrasion?

Ans. it is an injury, which is caused when skin is scrapped or rubbed by friction. It causes severe pain sometimes bleeding.

Q.7 Define sprain?

Ans. Sprain is a sudden stretching of ligaments of as joints & associated with the pain & de-coloration into tissues. For example Ankle, Elbow, knee.

Q.11 what do you mean by fracture?

Ans. A fracture is a broken bone. It can range from a thin crack to a complete break. Fracture caused by a direct blow to the bone either in a fall or a kick.

Q.12 Define stress fracture.

Ans. Pain caused by repeated stress to the bone over time.

Q.13. Define shoulder dislocation.

Ans. A dislocated shoulder joint is a joint where the bones of shoulder are no longer in their normal positions.

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Short Answer type Questions (80-90 words)
(3 marks each)

Q.13 Explain concept of sports medicine?

Ans. Sports medicine encompasses the range of study into the medicine of exercising people. This involves the assessment and management of sporting people, the prevention of injury through the application of sports science knowledge and the application of exercise physiology knowledge to our community at large

A fundamental concept in sports medicine is the use of active rehabilitation techniques that result in the safe and timely return of the injured athlete to participation in his or her sport. Coaches as well as athletes expect sports medicine physicians to use all available clinical tools to effectively rehabilitate the injured athlete.

Q.14 What are the soft tissue injuries ? Explain any two.

Ans. Soft tissue injuries are the most common injury in sport. Soft tissue refers to tissues that connect, support, or surround other structures and organs of the body.

Types of soft tissue injury.

1. Contusion 2. strain 3. sprain 4. Abrasion 5. Bruises.

1. Sprain is a stretched or torn ligament. Ligaments are tissues that connect bones at a joint falling, twisting, or getting hit can all cause a sprain. Ankle and wrist sprains are common. Symptoms include pain, swelling, bruising and being unable

to move your joint . You might feel a pop or tear when the injury happens.

2. **Strain** is a stretched or torn muscle or tendon. Tendons are tissues that connect muscle to bone. Twisting or pulling these tissues can cause a strain. Strains can happen suddenly or develop over time. Back and hamstring muscle strains are common. Many people get strains playing sports. Symptoms include pain, muscle spasms, swelling and trouble moving the muscle.

Q.15. What is dislocation? define any two.

Ans. A dislocation occurs when 2 bones are out of place of the joint that connects them. Dislocation may also cause injury to nerves and blood vessels. Joints that become dislocated and later heal are more likely to become dislocated again.

Types of Dislocation includes.

1. **Shoulder dislocation :-** The shoulder joint is the most frequently dislocated major joint of the body. In a typical case of a dislocated shoulder, a strong force that pulls the shoulder outward (abduction) or extreme rotation of the joint pops the ball of the humerus out of the shoulder socket. Dislocation commonly occurs when there is a backward pull on the arm that either catches the muscles unprepared to resist or overwhelms the muscles.
2. **Hip dislocation :** It occurs when the head of the thighbone (femur) is forced out of its socket in the hip bone (pelvis). It typically takes a major force to dislocate the hip. Car collisions and falls from significant height are common causes and as a result, other injuries like broken bones often occur with the

dislocation.

Q.16. What are the common causes of fracture?

Ans. Please see causes in fracture for answer.

Q.17. What are the types of fractures? Define any two types.

Ans. For answer please see types in fracture.



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Long Answer type Question (150 to 200 words)
(5 marks each)

Q.18. Write down Aims and objectives of sports medicine.

Ans. AIM : Aim of sports medicine is to deal with the improvement of general well being and health of the population through promotion of an active lifestyle. In addition, medical care of all people who exercise or involve sports activities and diagnosis, treatment, prevention, rehabilitation and functional evaluation following to injuries or illnesses resulting from amateur (Recreational) or professional participation to physical activities, exercises and sports of the general interest in sports medicine.

“The main objective of sports medicine is to restore a patient’s functioning to the highest level possible”.

The other objectives are :-

1. Preventive health care -
 - a) Maintenance of fitness
 - b) Detection of disorders.
 - c) Functional Evaluation
2. Scientific promotion of games and sports-
 - a) Planning of training programs

- b) Evaluation of training programs
- c) Injury prevention
- d) Psychological counselling and guidance

3. Sports Medical Services :-

Sports medicine services may also be extended to prevention of obesity, cardiac illness, cardiac rehabilitation, prevention and control of diabetes.

Q.19. Explain importance of sports physician in sports.

Ans. The sports medicine physicians are specially trained for total care of athletes and active individuals.

Sports medicine physicians take care of people who have sports injuries. These individuals may be athletes, or they may be regular people. One does not have to be an athlete or even play a sport to have a sports injury. Someone running down the street who trips and sprains their knee is considered to have a sports injury, even if they are not an athlete and were not participating in running as a sport.

There's a long list of conditions that they can help with. They include.

- * Acute injuries such as ankle sprains, joint injuries, dislocations and non surgical fractures.
- * Overuse injuries including stress fractures, tendonitis and osteoarthritis
- * Traumatic brain injuries.
- * Helping athletes with acute illnesses (mononucleosis, asthma)
- * Nutrition
- * Exercise prescriptions for people who want to become more active

- * Injury prevention
- * “Return to play” decisions for injured or ill athletes
- * Pre participation physical examinations
- * Exercise promotion.

Q.20. How you will prevent injuries in sports?

Ans. See how to prevent sports injury?

Q.21. Explain impact to surface on players.

Ans. See impact of surface on players for the answer.

Q.22. By reading paragraph try to answer question given below:

My name is Shyam, Once we were playing football in the summer of June. Time was around 11.30 am. suddenly my team mate Raju fall down and was unconscious. His body was very hot, skin was hot red and dry and having rapid pulse rate. It was the signs of heat stroke. I told Pratap to call ambulance and carried Raju near cooler to reduce heat, removed his clothing and also tried to bring down his temperature with cold sponge. Pratap tried to give him water but I immediately stopped him. After some time ambulance came and we took Raju to nearby. Hospital. All my friends were looking at me proudly because my awareness saved Raju's life.

- Q.1 What happen to Raju when he was playing football?
- Q.2 How Pratap come to know that it is Heat stroke?
- Q.3 What were the signs of Heat stroke?
- Q.4 What was the first step Shyam took?
- Q.5 What first aid Shyam gave to Raju?