**SARDAR BHAGWAN SINGH UNIVERSITY**

**Year:** MPT 2nd Year **Semester:** 4th Semester

**Subject:** Rehabilitation in Sports

1. Enumerate the dangers of stretching
2. Write the tight muscles and its associated injury.
3. Describe all the techniques to improve joint mobilization.
4. What are the recommendations for effective stretching
5. The Proprioceptive and balance exercises should begin \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in the rehabilitation program.
6. Balancing on the rocker board or disk should commence with\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. Initially, neuromuscular exercises are performed with light weights in the available pain free range.
8. Give some examples to progress weight bearing exercises.
9. CPM devices are used in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to maintain joint range of motion.
10. Following injury, both the joint and surrounding soft tissues must be gradually mobilized and stretched.