

REHABILITATION IN SPORTS
MPT 4th SEMESTER (SPORTS REHABILITATION)

ASSIGNMENT 4

1. Write the purpose of elevation during management of an injury.
2. What will happen if the intra-vascular pressure drops during elevation?
3. What is the purpose of referral?
4. Write the names of centres where a sports injury during play can be referred to.
5. Why is alcohol consumption contraindicated during acute management of an injury?
6. How does massaging harm an acute injury?
7. How will you manage an athlete with hamstrings cramp on-field and off-field?
8. How can an athlete re-injure himself by re-inflaming the injury site?
9. How does chronic inflammation harm the healing process?
10. What is kinetotherapy?