

**REHABILITATION IN SPORTS**  
**MPT 4th SEMESTER (SPORTS REHABILITATION)**  
**ASSIGNMENT 6**

1. Differentiate macro and micro trauma.
2. Would you stretch the common extensors in lateral epicondylitis? Why?
3. In what direction does the collagen fibre orient after an injury?
4. Write a rehabilitation protocol for an athlete with gastrocnemius muscle injury.
5. Write a rehabilitation protocol for an athlete with Tendon Achilles injury.
6. Write a rehabilitation protocol for an athlete with Lateral ankle sprain.
7. How do you calculate 1 RM?
8. Write the name of substance used as fuel for short term energy requirements in the body?
9. Write the name of substance used as fuel for long term energy requirements in the body?
10. How does mental practice maintain skills of the athlete during the recovery phase?