

## **M.P.E – 401. – Sports Medicine**

**Unit –I: Introduction to Sports Medicine** – Definition aim and objectives, need and Importance of Sport – medicine Preventive, curative and rehabilitative aspects of Sports Medicine

**Unit –II: Pre-Participation Examination** – Maturity assessment – disqualifying Conditions Of Sports Injuries – Insurance requirement – General health – Cardio – Vascular – Liver Skin – Hernia, musculo – skeletal neurological revel, genitalia.

**Unit –III: Regional Athletic Injuries** and Management Causes – Signs and Symptoms, and Immediate Management of The Head Injuries – Shoulder Injuries arm and Elbow Joint Injuries -Wrist and Hand Injuries – Thigh and Knee injuries, Lower Leg ankle and foot Injuries

**Unit –IV: Meaning and Definition of Physical Rehabilitation** – Goal of rehabilitation – Varios Stages of Rehabilitation – Rehabilitation Programme For neck Shoulder Joint, arm and elbow Joint, Wrist Joint and hand hip Joint, Thigh, knee Joint – leg ankle Joint and foot

**Unit –V: Role of Physiotherapy in the Injury Management**

- Classification of Massage manipulation (Swedish System), Physiological effects of various
- Types of Massage
- Cryotherapy – Ice and Cold Water, Ice Pack, Ice massage Cold Compression.
- Thermo Therapy, Contrast Bath, Whirlpool, Hot Water Fomentation, Vapor Bath
- Electrotherapy – Infrared, Ultra Violet – Shortwave diathermy, Microwave Diathermy –
- Ultra Sound, Electrical Stimulation – TENS.