

**POSTGRADUATE INSTITUTE OF MEDICINE**  
**UNIVERSITY OF COLOMBO**

**POSTGRADUATE DIPLOMA IN SPORTS MEDICINE EXAMINATION**  
**MARCH 2009**

Date : 17<sup>th</sup> March 2009

Time : 9.30 a.m.-12.30 p.m.

**SPORTS ESSAY QUESTION PAPER**

**Answer all Questions.**

**Answer each question in a separate book.**

1.
  - 1.1. Discuss the role of a sports physician in pre-event planning of a professional level competition to be held in a National Stadium in Sri Lanka. (60 marks)
  - 1.2. Describe the role of a team physician traveling with the National Cricket team to a foreign country. (40 marks)
2.
  - 2.1. describe the anatomy of the ligaments of the knee joint. (30 marks)
  - 2.2. A 23 year old professional rugby player sustains an acute injury to the right knee after a hard tackle. He develops sudden swelling of the right knee and is unable to stand.
    - 2.2.1. Discuss the field-side management of this player. (20 marks)
    - 2.2.2. Describe, giving reasons, the possible knee injuries sustained by this player. (20 marks)
    - 2.2.3. Describe how you would carry out further investigations on this patient. (10 marks)
    - 2.2.4. Briefly describe the management of one of the injuries he has sustained ? (20 marks)

3.
  - 3.1. What are the common foot related problems you would encounter in an athlete and explain the causative factors for each such problem ? (50 marks)
  - 3.2. What are the overuse conditions that can affect the leg and foot of an athlete ? (20 marks)
  - 3.3. Discuss the management of plantar fasciitis. (30 marks)
  
4. A school boy was playing in a school cricket match and was fielding in the square leg position. A full toss bowled by a bowler was hit hard by the batsman towards him. When he tried to catch the ball it hit the tip of his middle finger. He dropped the catch due to the severe pain and was taken off the field and brought to you.
  - 4.1. What are the possible injuries you expect to find in this boy ? (20 marks)
  - 4.2. Outline how you would evaluate this patient's hand with relevance to the injuries you have listed above. (30 marks)
  - 4.3. Describe the management of one of the possible conditions listed by you. (50 marks)
  
5. As a doctor identified in the stadium, you are summoned to attend to a group of spectators injured when a part of the stadium collapses.
  - 5.1. Discuss the principles of management of this mass casualty situation. (25 marks)
  - 5.2. What are the management priorities of a patient with multiple injuries in this situation ? (30 marks)
  - 5.3. How would you transport the patients to the hospital ? (25 marks)
  - 5.4. What information would you provide to the hospital regarding these patients ? (20 marks)

6. Parents bring an 8 year old boy, who is very keen to start playing tennis for advice on some aspects of sports medicine.
- 6.1. Briefly describe the important initial steps that you would take to help the parents. (70 marks)
- 6.2. What specific nutritional advice would you give the parents when the boy starts to play tennis ? (30 marks)