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POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD SPORT AND EXERCISE MEDICINE EXAMINATION
DECEMBER 2022

Date:- 8th December 2022

Time:- 1.00 p.m. – 2.20 p.m.

SHORT ESSAY QUESTION PAPER

Answer **all four (04)** questions.

Answer each question in a separate book.

1. You are a sport and exercise medicine physician in charge of the medical team of a sports federation. The management wants your assistance to organize an international athletic event.
 - 1.1. Briefly state the instructions you would provide to the following groups.
 - 1.1.1. Medical team (30 marks)
 - 1.1.2. Athletes taking part in the competition. (30 marks)
 - 1.1.3. Management team of the federation. (40 marks)
2. A right-handed professional javelin thrower who is involved in repeated overhead throwing develops anterior shoulder pain and difficulty in shoulder abduction beyond 90°. He also complains of right medial elbow pain.
 - 2.1. List the actions and muscles acting on the right gleno-humeral joint, scapulo-thoracic joint and elbow joint during the acceleration phase of the overhead throw. (30 marks)
 - 2.2. Briefly describe the probable biomechanical reasons for the symptoms and signs of this athlete. (40 marks)
 - 2.3. State the advice you would provide to the athlete for prevention of injuries. (30 marks)

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3. A 25-year-old female Karate player presented to a sports medicine clinic with a right sided foot pain for three months. The pain started after recently increased training loads. Initially she had pain during activities such as running and jumping. Now she has pain even while walking.

The physician is concerned that she has a metatarsal stress fracture.

- 3.1. State the important examination findings in this patient. (30 marks)
- 3.2. List the radiological investigations that would be useful in managing this patient. (10 marks)
- 3.3. State the initial treatment of this patient. (20 marks)
- 3.4. Briefly describe her rehabilitation plan. (40 marks)
4. A group of Sri Lankan recreational athletes are planning to go on a trekking expedition to the base camp of Mount Everest located 5364 m above sea level. The trek will take 9 days of ascent and 5 days of descent. The group consults you as a sport and exercise medicine physician, for preparation and advice before the event.
- 4.1. Briefly describe the acute physiological changes that take place on ascent to the high altitudes. (30 marks)
- 4.2. Briefly describe the types of medical conditions that can affect these athletes. (40 marks)
- 4.3. Briefly describe the advice you would provide this group. (30 marks)
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