

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

MD (SPORT & EXERCISE MEDICINE) EXAMINATION – OCTOBER 2024

Date:- 23rd October 2024

Time:- 1.00 p.m. – 2.20 p.m.

SHORT ESSAY QUESTION PAPER

1. You are a team physician of a rugby federation and a member of the National Anti-doping Committee. You have doctors, physiotherapists and trainers under your supervision. An international sporting event is due to start in three months.
 - 1.1. State on what areas you would advise your staff regarding pre participation screening and injury prevention. (30 marks)
 - 1.2. State what advice you would provide for the athletes in order to minimize effects of Jet lag. (30 marks)
 - 1.3. State on what areas you would advise your athletes regarding the use of prohibited substances in sport. (30 marks)
 - 1.4. List the criteria that you would consider before granting a therapeutic use exemption. (10 marks)

2. A 20-year-old sailor who is engaged in scuba diving on a regular basis visits the Navy Sports Medicine clinic with urticarial rash, pruritus and joint pains soon after coming back from a scuba diving session. These symptoms lasted for nearly 30 minutes and subsided. He is suspected of having mild decompression illness. Additionally, he trains regularly by running on the beach for several miles in the hot sun along with lifting heavy weights.
 - 2.1. State what other clinical problems that can arise due to decompression illness. (30 marks)
 - 2.2. State what clinical problems that can arise due to training in the hot sun. (30 marks)
 - 2.3. State what advice you would provide for this athlete regarding prevention of complications associated with scuba diving. (20 marks)
 - 2.4. State what advice you would provide for this athlete regarding prevention of complications associated with training in the hot sun. (20 marks)

3. A 25-year-old female long distance recreational cyclist presents to the Sports Medicine clinic with pain along the outer border of the right thigh. On examination, there is tenderness in lateral aspect of the upper, mid and lower thigh. She states that this pain was there for three weeks, but two days back the pain intensity has increased. Additionally, she engages in strength training activities in a gymnasium three days a week.

3.1. What is the most likely diagnosis? (10 marks)

3.2. State what other musculoskeletal problems that can arise in a long distance cyclist. (20 marks)

3.3. State the action of muscles that act on the knee and hip joints of this athlete when pedaling the cycle. (30 marks)

3.4. State the overall management of this athlete. (40 marks)

4. A 28-year-old female gymnast presents to the sports medicine clinic with a gradual onset pain in the dorsum of the left foot for the past four weeks. Initially this pain increased only during running and jumping. Now the pain occurs on walking and present even at rest. On examination there is tenderness over the dorsomedial aspect of the mid foot.

4.1. List five (05) possible differential diagnoses. (15 marks)

4.2. What is the most likely diagnosis in this case? (10 marks)

4.3. What investigations would you order and give reasons? (20 marks)

4.4. What is the definitive treatment of this athlete? (25 marks)

4.5. Outline her rehabilitation plan up to return to play. (30 marks)