

POSTGRADUATE INSTITUTE OF MEDICINE
UNIVERSITY OF COLOMBO

POSTGRADUATE DIPLOMA IN SPORTS MEDICINE FINAL
EXAMINATION - SEPTEMBER 2023

Date:- 19th September 2023

Time:- 9.00 a.m. – 12.00 noon.

SHORT ESSAY QUESTION PAPER

Answer **all six (06)** questions.

Answer each question in a separate book.

1. You are a team physician of a national sports team. The administrators of the national sports team want your guidance in organizing an international sports tournament in your country.
 - 1.1. Briefly describe the measures you would take to avoid injuries during training and tournament time. (50 marks)
 - 1.2. Briefly describe the advice you would provide to athletes and your medical team regarding the prevention of endemic diseases. (50 marks)
2. A right-handed baseball player presented to the sports medicine clinic with pain and impaired movement of the right shoulder. On examination there was tenderness in the anterior and superior aspects of the shoulder and there was difficulty in abduction of the shoulder beyond sixty degrees.
 - 2.1. Describe the movements in the right glenohumeral and scapulothoracic joints during the acceleration phase of throwing the baseball and list the muscles responsible for each movement. (40 marks)
 - 2.2. State the lesions that could occur in the shoulder and elbow regions of a baseball player involved in repeated throwing actions. (40 marks)
 - 2.3. List the advice that is useful in preventing such injuries. (20 marks)

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3. You are a team physician of a group of athletes taking part in a long-distance running competition in a cold country during winter.
 - 3.1. Describe the type of cold injuries that can affect these athletes. (40 marks)
 - 3.2. Describe the field-side management of an athlete affected with severe hypothermia. (30 marks)
 - 3.3. Describe the type of advice you would provide your athletes prior to the competition. (30 marks)
4. A 20-year-old rugby player presents with confusion following a blow to the lateral aspect of the skull.
 - 4.1. Briefly describe how you would manage him at the field-side. (40 marks)
 - 4.2. State the type of investigations that will be useful in assessing this athlete. (20 marks)
 - 4.3. Briefly describe the rehabilitation and return to play of this athlete. (40 marks)
5. A runner sustains an injury to the lateral aspect of the ankle due to a violent inversion of the ankle. He presented to the sports medicine clinic with pain and swelling in the lateral aspect of the ankle a few hours after the injury.
 - 5.1. Briefly describe how you would manage this injury during the acute stage. (30 marks)
 - 5.2. Describe how you would rehabilitate this athlete back to play. (40 marks)
 - 5.3. Briefly describe the nutritional advice for a long-distance runner. (30 marks)
6. A tennis player presented to the sports medicine clinic with pain in the lateral aspect of the right elbow for 3 months. Initially he continued to play despite the pain, but during the last few days his pain has worsened and he is unable to lift even a small weight now.
 - 6.1. Describe how you would manage this patient at this stage. (40 marks)
 - 6.2. Briefly describe how you would rehabilitate this athlete back to play. (40 marks)
 - 6.3. List out the advice you would give in order to prevent further bodily injuries. (20 marks)