

SPORTS MEDICINE
THEORY PAPER**Time : 3 hours****Max. Marks : 100****Attempt all questions in order.
Each question carries 10 marks.****Write short notes on:**

1. A 25-year-old football player sustained ACL tear with chondral injury of the medial femoral condyle. Discuss the management of this focal chondral defect 14mm * 16 mm in the weight bearing area of the medial femoral condyle. 10
2. a) Briefly describe the surgical anatomy of the posterior cruciate ligament. 3+7
b) Discuss the management of PCL avulsion in a 12-year-old female athlete.
3. a) Enumerate the classification of rotator cuff tears. 4+6
b) Briefly discuss the surgical tips in the management of massive postero-inferior cuff tears
4. a) Enumerate Ortho-biologics in Sports Medicine. 4+6
b) Discuss the preparation and usage of PRP in partial ulnar collateral ligament injury elbow in a 29-year-old cricketer.
5. a) Discuss the clinical and diagnostic evaluation of chronic exertional compartment syndrome. 7+3
b) Enumerate the differential diagnosis of chronic exertional compartment syndrome.
6. a) Enumerate the synovial plicae of the knee. 4+6
b) Discuss the clinical features and their management.
7. How will you approach the management of ACL re-tear in an operated case of ACL reconstruction in a 21-year-old elite athlete? 10
8. a) Enumerate the Instability Severity Index Score for Shoulder instability. 4+6
b) What are the indications of Latarjet procedure? Describe the congruent Arc technique of Latarjet surgery?
9. a) Discuss briefly the techniques for reconstruction of chronic tendo-Achilles rupture. 7+3
b) Enumerate the complications after open repair of tendo-Achilles rupture.
10. A 19-year-old elite female gymnast has history of recurrent dislocation patella (3 episodes). She is off season and has come for consultation. How will you evaluate this patient and plan her treatment protocol? 10
