



NOVEMBER EXAMINATION

PROGRAM : BA HONOURS BIOKINETICS
MODULE NAME : BIOKINETICS PAPER 1
MODULE CODE : HMS 8X05
DATE : 23 NOVEMBER 2016
DURATION : THREE (3) HOURS
TOTAL MARKS : 150 MARKS

EXAMINER : PROF L. LATEGAN
MODERATOR : PROF H. MOSS
NUMBER OF PAGES : TWO (2) PAGES

INSTRUCTIONS TO CANDIDATES:

PLEASE MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS PLEASE.

QUESTION 1 (105 MARKS)

Briefly Describe The Following Conditions In Terms Of Description Of The Condition (Use Anatomical Language Please), Possible Causes, Typical Symptoms, Special Tests Used To Evaluate This Condition And The Most Important Rehabilitation Principles:

- 1.1 Acute Burners (10)
- 1.2 Sciatica (10)
- 1.3 Anterior Glenohumeral Dislocation (12)
- 1.4 "Tennis Elbow" (10)
- 1.5 Carpal Tunnel Syndrome (12)
- 1.6 Hamstrings Strain (15)
- 1.7 Osgood-Schlatter Disease (7)
- 1.8 Plantar Fasciitis (10)
- 1.9 Lumbago (15)
- 1.10 Fracture of the Clavicle (4)

QUESTION 2 (20 MARKS)

A 45-year old inactive woman with a BMI of 31kg/m² is referred to your practice by the GP to treat her bilateral anterior knee pain. She was originally referred to a physiotherapist, but she didn't go. On examination her hamstrings and ITB flexibility was low (SLR L = SLR R = 50°). She also had a positive bilateral Step-down Test (Modified Trendelenburg) and she appears to be very weak and in some pain during weight bearing. Discuss the possible causes and predisposing factors for anterior knee pain and explain the role of the Biokineticist in dealing with this condition using exercise. Design a programme to illustrate your initial phase rehabilitation approach.

QUESTION 3 (10 MARKS)

Design an exercise rehabilitation programme to address C-scoliosis to the right of the thoracic spine in a 14-year old boy that plays competitive tennis for Gauteng Central.

QUESTION 4 (15 MARKS)

A 33-year old male swimmer is referred to your practice by the GP to treat his bilateral shoulder pain – he has seen the physiotherapist for the reduction of pain and he is currently able to perform ADL. On examination the following tests were positive: Jobe/Empty Can Test, Neer's Test, Hawkins Kennedy Test, Appley's Scratch Test and Kibler's Test. His postural assessment showed severe scapular winging and anterior tilt of the scapulae on both sides. Explain the anatomy and biomechanics of this condition and design an exercise rehabilitation program (initial stage) for this Px.

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