



NOVEMBER EXAMINATION

<u>PROGRAM</u>	:	BA HONOURS BIOKINETICS
<u>MODULE NAME</u>	:	BIOKINETICS PAPER 1
<u>MODULE CODE</u>	:	HMS8X05
<u>DATE</u>	:	15 NOVEMBER 2017
<u>DURATION</u>	:	THREE (3) HOURS
<u>TOTAL MARKS</u>	:	150 MARKS

<u>EXAMINER</u>	:	PROF L LATEGAN
<u>MODERATOR</u>	:	PROF H MOSS
<u>NUMBER OF PAGES</u>	:	TWO (2) PAGES

INSTRUCTIONS TO CANDIDATES:

PLEASE MAKE SURE THAT YOU HAVE THE COMPLETE PAPER.

ANSWER ALL THE QUESTIONS PLEASE.

QUESTION 1 (85 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 considerations**:

- 1.1 Osteitis pubis (8)
- 1.2 Sciatica (12)
- 1.3 “Frozen Shoulder” (8)
- 1.4 “Tennis Elbow” (12)
- 1.5 Spondylolisthesis (10)
- 1.6 “Runner’s Knee” (15)
- 1.7 Achilles Tendonitis (10)
- 1.8 Acute Burners (10)

QUESTION 2 (15 MARKS)

A 17-year old female netball player suffered a **medial meniscus tear** of the left knee 5 months ago. She opted not to get surgery and has completed 10 weeks of physiotherapy and 12 weeks of biokinetics at your practice. She has made an appointment for you to assess her readiness for going back to playing netball. Please explain in detail your **assessment** of this Px.

QUESTION 3 (10 MARKS)

Discuss the **principles** of rehabilitation programme prescription.

QUESTION 4 (40 MARKS)

A 33-year old rugby player (wing) is referred to your practice by the GP to treat his left shoulder that suffered an **anterior dislocation** 6 weeks ago – his shoulder was in a sling for 4 weeks and he has seen the physiotherapist for the reduction of pain and to mobilise his shoulder (10 sessions). He is currently able to perform ADL without any major discomfort and he has regained normal ROM in his left shoulder. Explain how you will **assess** this Px and design a phased exercise **rehabilitation programme** for him.

TOTAL: 150