**ST MARY’S UNIVERSITY**

**TWICKENHAM, LONDON**

BA/BSc Degree Examination students registered for Level **FIVE**

Title: **Rehabilitation of the Lower Limb**

Code: **SRE5005**

Semester: **One**

Date: **7th January, 2020**

Time: **1.30-3.30PM**

TIME ALLOWED: **TWO HOURS**

Answer **TWO** questions.

1. Discuss the importance of considering the individuals physical, biological and behavioural drivers when rehabilitating back from injury, using a clinical example of lower limb injury, of your choice.
2. Discuss the current evidence base for Achilles tendinopathy and how knowledge of the rehabilitation model may influence your thought process when treating a patient with such an injury.
3. Discuss the use of the Nordic hamstring curl as a primary exercise in the rehabilitation of an athlete recovering from a Grade II hamstring strain. Describe the benefits and limitations of this exercise within the rehabilitation process.

**END OF EXAMINATION**