ST MARY’S UNIVERSITY

TWICKENHAM, LONDON

BA/BA(ITT)/BSc Degree Examination students registered for

Level **FIVE**

Title: **Rehabilitation 1**

Code: **SRE5012**

Semester: **ONE**

Date: **7th January, 2020** Time: **1:30 – 3:30 PM**

TIME ALLOWED: **TWO** HOURS

This paper is in **TWO** Sections.

**SECTION A:** Answer **ALL** multiple choice questions

**SECTION B:** Answer **ONE** question

**Answer Section A questions on the Multiple Choice Questions Answer Sheet. Answer Section B in the answer booklet.**

**SECTION A**

Multiple choice. Answer **ALL** questions: **(30 marks)**

Pain & The Individual in Rehabilitation

1. Pain is a response of the body to:
2. injury
3. harm
4. threat
5. all of the above
6. Pain symptoms can be treated with:
7. Manual therapy
8. Exercise
9. Education
10. All of the above
11. Pain is described as:
12. a unique sensory experience
13. a unique, individual sensory and emotional experience
14. an unpleasant experience
15. all of the above
16. Pain can be influenced by:
17. past experience
18. emotional status
19. lack of sleep
20. all of the above
21. What type of muscle contraction induces descending inhibition:
22. Eccentric
23. Concentric
24. Isometric
25. All of the above
26. If an injured individual is highly sensitive in a rehabilitation setting, then using the concept of \_\_\_\_\_ will help.
    1. Graded exposure
    2. Progressive Load
    3. Conditioning to the task
    4. All of the above
27. There will always be a painful response when inflammation is present:
28. Always
29. Almost always
30. Unlikely
31. Never
32. The ideal amount of repetitions and sets given to patients who are highly sensitive or in pain is:
33. 5-8 x 5
34. 10-12 x 3
35. 15-20 x 2
36. Self-selected by the patient
37. Using the shoulder classification system, a rotator cuff tendinopathy would be considered:
    1. Painful and Unstable
    2. Painful and Stiff
    3. Painful and Weak
    4. All of the above
38. When a tendon becomes pathological, pain is usually worst when the tendon is:
    1. Degenerative
    2. Dysrepair
    3. Reactive
    4. All of the above.

Principles of Rehabilitation

1. The **physical** principle of rehabilitation considers
   1. Psychology
   2. Pathology
   3. Biomechanics
   4. Physiology
2. The **behavioural** principle of rehabilitation includes
   1. Education
   2. Motivation
   3. Reassurance
   4. All of the above
3. A **biological** principle of injury rehabilitation must consider
   1. Forces
   2. Strength
   3. Tissue healing
   4. All of the above
4. ‘Strategies’ in consideration for rehabilitation means
   1. The ‘Why’?
   2. The ‘How’?
   3. The Actions?
   4. All of the above
5. If an injured individual is confident in a rehabilitation or gym setting, then using the concept of \_\_\_\_\_ will help.
   1. Graded exposure
   2. Progressive Load
   3. Conditioning to the task
   4. All of the above
6. When cueing an injured individual that is confident in a gym environment, you should use;
   1. Context based cueing
   2. External Focused cueing
   3. Internal cueing
   4. All of the above
7. The probable suspects are;
   1. Areas of the body working sub-optimally causing more stress on the injured tissue
   2. Weak muscles causing more stress to the injured tissue
   3. Poor proprioception causing more stress to the injured tissue
   4. Areas of pain causing more stress to the injured tissue
8. If two people were to sustain an ATFL injury in their right ankle the treatment should be:
   1. The same protocol for both
   2. An evidence based approach for both
   3. An individual approach for both
   4. An individual evidenced informed approach for both
9. Techniques used for your rehabilitation process may be manipulation of:
   1. The start position of the exercise
   2. The driver of the exercise
   3. Changing the environment of the exercise
   4. All of the above
10. When choosing an technique to facilitate bone and muscle function, the exercise should:
    1. involve external load
    2. be authentic to the task they want to complete
    3. nudge into discomfort
    4. all of the above

Rehabilitation Techniques

1. Exercises should be prescribed based on:
   1. The strength of the patient
   2. The adaptation needed from the tissue
   3. The mobility of the joint
   4. All of the above
2. The aim of exercise prescription, in the Rehabilitation Model, is to:
3. Improve muscle activity and strength
4. Improve patient and tissue resilience
5. Increase patient activity
6. All of the above
7. Flare up after loading should be monitored on a \_\_\_ hour basis?
8. 24
9. 48
10. 36
11. 72
12. In Triangulation, manipulating an exercise by distance involves changing the:
13. Vertical
14. Horizontal
15. Direction
16. Load
17. When progressing the exercise you can manipulate:
18. Time
19. Load
20. Direction
21. All of the above
22. When applying load to an endurance exercise it should be:
    1. Heavy
    2. Moderate
    3. Light
    4. None
23. When aiming to improve muscle cross sectional area, the acute variable should be:
24. 12-20 repetitions, 1-2 sets
25. 6-12 repetitions, 2-5 sets
26. 3-5 repetitions, 3-5 sets
27. 20-30 repetitions, 1 set
28. In the Rehabilitation model, ‘Conditioning to the task’ means:
29. Choosing isolated exercises that will help improve the task
30. Choosing global exercises that will help improve their task
31. Choosing exercises based from the needs analysis of the task
32. All of the above
33. Eccentric contractions are often used in muscle injury rehabilitation as they:
34. Improve strength
35. Improve the length tension relationship
36. Improve muscle hypertrophy
37. All of the above
38. When first using running for rehabilitation, the rehabilitator should program:
39. Short distance, high intensity
40. Let the patient self-select their preferred distance
41. Short sprints with walking intervals
42. A short continuous run or intervals, and review for any flare up

**SECTION B**

Long Answer Question. Answer **ONE** question: **(35 marks)**

**Write the answer to Section B in an examination booklet provided**

Discuss the current evidence base for rehabilitating an [injury of your choice, see below] and how the use of the ‘Rehabilitation Model’ may help your thought process when implementing your program.

Injury Choices:

1. Achilles Tendinopathy
2. Lumbar Disc Injury
3. Rotator Cuff Tear (Supraspinatus)

**Multiple Choice Questions Answer Sheet: SRE5012**

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| **Question Number** | **Answer** |
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