ST MARY’S UNIVERSITY

TWICKENHAM, LONDON

BSc Degree Examination students registered for

Level **SIX**

Title: Rehabilitation of the Upper Limb and Spine

Code: SRE6008

Semester: One

Date: **January 10th 2019**

Time: **9:30 – 11:30AM**

TIME ALLOWED: two hours

Answer **TWO** questions

1. Discuss using the classification system of ‘weak and painful,’ ‘stiff and painful’ and ‘unstable and painful’ to address a patient with shoulder pathology and how you may use the rehabilitation model to make your rehabilitation process more robust.

Introduction

Shoulder Classification

Clinical examples

Rehabilitation Model

Research

Exercise Examples

2. Describe lumbar facet joint injury and traditional methods of lumbar rehabilitation. Discuss how your rehabilitation thought process can be augmented by a knowledge of the probable suspects and how you may use a global screen to identify them.

Introduction

Facet Joint Dysfunction

Probable Suspects

Global Screen

Phases of Rehab model

Research

Examples

3. Reason through the importance of integrating the whole body into rehabilitation when treating a patient with an upper limb pathology, using a clinical example of your choice.

Introduction

Spinal motion

Chain Reaction Biomechanics

Load and Explode

Exercises

Research

Examples

**END OF EXAMINATION**