

2<sup>nd</sup> Semester 1432 – 1433 H  
**Exam RHS433**  
 Physical Therapy Program  
 Health Rehabilitation Science Department  
 College of Applied Medical Sciences  
 King Saud University  
**Answer Sheet**

	Student Name : _____ Student's Number : _____
<b><u>Sustained “a sprained ankle”</u></b>	
Q  1.	1. List at least 3 key items you should ask during the history portion of an examination ( )  Possible Answers and Anything Else you Deem Appropriate - Was there trauma or was the pain of gradual onset - Where is pain located (anterior and lateral leg) - What activities aggravate the symptoms (uphill walking, running; hard surface activity, etc., looking for overuse of DFs) - Was there are traumatic incident? - What position was your foot in when you hurt it? - Can you bear weight on your injured leg? - Is there any giving way? - Is there any locking? - Have you had X-rays or other imaging? - Where is the exact location of your pain?  <div style="text-align: right;">/ 5</div>
2.	2. Palpate the following structures:  <ul style="list-style-type: none"> <li>• Rectus abdominis</li> <li>• anterior talo-fibular ligament</li> <li>• Biceps Femoris muscle</li> <li>• Rhomboids muscles</li> <li>• peroneus brevis tendon</li> <li>• styloid of the 5<sup>th</sup> metatarsal</li> <li>• Structures Within Subacromial Space</li> </ul> <div style="text-align: right;">/ 5</div>
3.	3. <b>Performing special tests:</b> <ul style="list-style-type: none"> <li>• Neer impingement sign "Pain suggests <a href="#">Shoulder Impingement</a> of posterior cuff "</li> <li>• <b>Apprehension and relocation test</b></li> <li>• <b>Rotator Cuff Function</b></li> <li>• <b>Speed Test</b></li> <li>• <b>Thomas test</b></li> <li>• <b>Patella grinding test</b></li> </ul> <div style="text-align: right;">/ 10</div>
<b>Total: /20</b>	

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	Student Name: _____  Student's Number : _____  <p style="text-align: center;"><b><u>patellofemoral pain</u></b></p>
Q	1- List at least 4 key items you should ask during the history portion of an examination ( )  Possible Answers: <i>How did you injure your knee?</i> <i>Did the pain start suddenly or was it a gradual onset?</i> <i>Do you have pain during: stairclimbing, sitting, walking, running, kneeling (each of these can count as one)?</i> <i>Where is the exact location of your pain?</i> <i>Have you ever injured your knee in the past?</i> <i>Does your knee give way?</i> <i>Does your knee lock or catch?</i> <i>What type of work do you do?</i> <i>What type of recreational or sports activities do you do?</i>
1.	<b>/ 5</b>
2.	2. Palpate the following structures: <ul style="list-style-type: none"> <li>• Patellar base, inferior pole, medial and lateral margins, femoral articular surfaces.</li> <li>•</li> <li>• calcaneo-fibular ligament</li> <li>• Patellar tendon and Tibial tuberosity</li> <li>• Quadriceps tendon</li> <li>• Distal IT band and Gerdey's tubercle</li> <li>•</li> </ul>
2.	<b>/ 5</b>
3.	3. <b>Performing special tests:</b> <ul style="list-style-type: none"> <li>• Drop Arm Test <a href="#">Rotator Cuff Tear</a> Suspected</li> <li>• Empty can</li> <li>Factors Affecting Healing of fracture:             <ul style="list-style-type: none"> <li>• Age of patient</li> <li>• Site and configuration of fracture</li> <li>• Initial displacement of fracture</li> <li>• Blood supply to the fragments</li> </ul> </li> <li>• Ober test</li> <li>• Mcmurry test</li> <li>• Golfers elbow test             <ul style="list-style-type: none"> <li>• Hawkins impingement sign"Examiner passively externally rotates the shoulder Impinges subscapularis muscle against coracoacromial arch</li> </ul> </li> </ul>
3.	<b>/ 10</b>
<b>Total: /20</b>	

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	Student Name: _____  Student's Number : _____
<b><u>Sustained “a sprained knee”.</u></b>	
1.	<p><b>1 - List at least 4 key items you should ask during the history portion of an examination ( )</b></p> <p>Possible Answers:  <i>How did you injure your knee (establishing that there was or was not a traumatic event)</i>  <i>Any previous injuries to your knee?</i>  <i>Does your knee give way, buckle, or shift. If so, when?</i>  <i>How frequently do you experience giving way at your knee?</i>  <i>Do you have trouble with twisting or turning movements on your legs?</i>  <i>Does your knee ever lock or catch?</i>  <i>Did your knee swell up after the incident? If so, how long after the incident (within a few hours, the next day. Etc)</i>  <i>What occupational, recreational/sport activities do you do?</i></p> <p style="text-align: right;"><b>/ 5</b></p>
2.	<p><b>2. Palpate the following structures:</b></p> <ul style="list-style-type: none"> <li>- medial and lateral joint lines</li> <li>- medial and lateral femoral epicondyles</li> <li>- fibular head</li> <li>- MCL</li> <li>- LCL</li> <li>- Biceps femoris tendon</li> <li>- Semimembranosus</li> <li>- Semitendinosus</li> </ul> <p style="text-align: right;"><b>/ 5</b></p>
3.	<p><b>3. Performing special tests:</b></p> <p style="text-align: right;"><b>/10</b></p>
<b>Total: / 20</b>	

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	Student Name: _____  Student's Number: _____
<b><u>Sustained “a knee meniscus injury”.</u></b>	
<b>Q</b>	<p><b>1 -List at least 4 key items you should ask during the history portion of an examination ( )</b></p> <p>Possible Answers:</p> <p><i>How did you injure your knee (establishing that there was or was not a traumatic event)</i></p> <p><i>Any previous injuries to your knee?</i></p> <p><i>Does your knee give way, buckle, or shift. If so, when?</i></p> <p>1. <i>How frequently do you experience giving way at your knee?</i></p> <p><i>Do you have trouble with twisting or turning movements on your legs?</i></p> <p><i>Does your knee ever lock or catch?</i></p> <p><i>Did your knee swell up after the incident? If so, how long after the incident (within a few hours, the next day. Etc)</i></p> <p><i>What occupational, recreational/sport activities do you do?</i></p> <p style="text-align: right;"><b>/ 5</b></p>
2.	<p><b>2. Palpate the following structures:</b></p> <ul style="list-style-type: none"> <li>- medial and lateral joint lines</li> <li>- medial and lateral femoral articular surfaces</li> <li>- medial plica</li> <li>- MCL</li> <li>- LCL</li> <li>- IT band</li> <li>- Gerdy's tubercle</li> </ul> <p style="text-align: right;"><b>/ 5</b></p>
3.	<p><b>3.Performing special tests:</b></p> <p style="text-align: right;"><b>/10</b></p>
<b>Total: / 20</b>	

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<b><u>Hip pain.</u></b>	
Q	<p><b>1 List at least 4 key items you should ask during the history portion of an examination ( )</b></p> <p>Possible Answers:  <i>How did you injure your hip?</i>  <i>Did the pain start suddenly or was it a gradual onset?</i>  <i>Give a more detailed description of your symptoms?(stiffness, parasthesia, weakness, gicing way, locking/catchingetc.)*</i>            1. <i>Where is the exact location of your pain (what does various locations implicate)?*</i>  <i>Have you ever injured your hip in the past?</i>  <i>Do you have a history of low-back pain?*</i>  <i>Do you have a history of childhood disorders of the hip?*</i>  <i>What are your functional limitations?</i>            *because the importance of these particular factors were discussed in detail, they should be able to give the rationale behind these questions.</p> <p style="text-align: right;"><b>/ 5</b></p>
2.	<p>2. Palpate the following structures:</p> <ul style="list-style-type: none"> <li>• ASIS</li> <li>• PSIS</li> <li>• Iliac Crests</li> <li>• Greater Trochanter</li> <li>• Ischial Tuberosity</li> <li>• Gluteus Medius Muscle Belly</li> </ul> <p style="text-align: right;"><b>/ 5</b></p>
3.	<p>3. performing special tests:</p> <p style="text-align: right;"><b>/10</b></p>
<b>Total: / 20</b>	

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Q 1

**Explain the pain referral pattern in the following Muscle**

- Supraspinatus Muscle
- Infraspinatus Muscle
- Subscapularis Muscle
- Biceps Brachii Muscles
- Teres Minor

/ 10

Q 2

**Explain the Pain type and pattern in the following Disease:**

- TOS
- Cervical Disc
- Shoulder
- Cubital tunnel
- Carpal tunnel

/ 10

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*Answer Sheet*

**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in Shoulder tendinitis:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**

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*Answer Sheet*

**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in Shoulder impingement:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**



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*Answer Sheet*

**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in Rotator Cuff tears:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**

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**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in Frozen shoulder:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**

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**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in MCL sprain / tears:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**

**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in ACL sprains:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**

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**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in Patellar Bursitis:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**

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**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in Rotator Cuff tears:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**

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**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in Meniscal Tears:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**

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**Q 1**

**Describe the Characteristics, sign and symptoms, special tests used and the recommended intervention in Osteoarthritis:**

**Characteristics**

**Sign and symptoms**

**Special tests**

**Recommended intervention**



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**Q 1 What are the Types of Normal End Feel and give an example for each:**

Type	Example
Type	Example
Type	Example

**/6**

**Q 2 What are the Types of Abnormal End Feel and give an example for each:**

Type	Example
Type	Example
Type	Example
Type	Example
Type	Example

**/10**

**What is the Q – Angle, how to measure the Q-angle and the normal ratio in male and female?**

**/ 4**

**Total / 20**

## Abbreviations & Symbols Specific to Orthopedics

a<sup>-</sup>

ADLs

AFO

BID

BK

c<sup>-</sup>

CTS

DDD

DM

HNP

H/O

HTN

JRA

KAFO

n/a

NWB

ORIF

PTB

PWB

s<sup>-</sup>

SOB

s/p