

**G.C. FOSTER COLLEGE OF PHYSICAL EDUCATION AND SPORT**

**DIPLOMA IN SPORTS MASSAGE AND FITNESS**

**MAY 2017 EXAMINATION**

**INTRODUCTION TO ORTHOPAEDIC CONDITONS**

**YEAR 2**

**TIME: 2 HOURS**

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**SECTION A (20 MARKS)**

**ANSWER ALL QUESTIONS**

**1. Define the following terms:**

Tendinitis: (1 mark)

Arthritis: (1 mark)

**2. Briefly describe the following types of fractures:**

Greenstick: (1 mark)

Open: (1 mark)

Transverse: (1 mark)

Comminuted fracture: (1mark)

**3. Name the special test you would use for the corresponding conditions**

• Torn meniscus .....

• Rotator cuff tear.....

• Shoulder impingement.....

• MCL/LCL tear.....

( 4 marks)

4. Name two orthopedic conditions of the ankle. (1 mark)
- a. For the conditions listed above state 2 causes for each. (4 marks)
- b. Name the segments that the spinal can be divided into. (5 marks)

**SECTION B (30 MARKS)**

**Instructions: Answer all questions in the booklet provided**

5. Discuss the importance of massage therapy in treating orthopedic conditions
6. A fractured or broken bone undergoes repair through four stages. Outline the four stages of repair.
7. Choose any **THREE (3)** of the conditions listed below and outline assessment and treatment plan that you would design with a client with the following conditions.
- a. Flat foot ( Pronated Feet)
  - b. OsGoodschlatter's Disease
  - c. Tennis Elbow
  - d. ACL Tear
  - e. Carpal Tunnel Syndrome

The **SOAP** method should be used to outline assessment and treatment plan

**Please state exactly what exercises you will give if any, how many sets, repetitions and the number of days per week each is to be done.**

**END OF EXAMINATION**