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SCENARIOS

SHSS6065

Trawsnewid Addysg; Trawsnewid Bywydau
Transforming Education; Transforming Lives



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1

- 1000m Front Crawl Swimmer
- Dx – Sub acromial bursitis
- Pain on palpation
- Pain after 300m front crawl
- 1/52
- 2nd Rx

2

- American Footballer
- Tibiofemoral Joint dislocation
- Relocation in hospital 30mins later
- Surgery to reconstruct MCL, ACL, PCL and meniscus
- Flexion 20°
- No terminal Extension
- Pain controlled by medication
- 4/52
- 1st Rx

3

- Triathlete
- MTSS
- Had an event 4/7 flared up but pushed through pain
- Pain in inferior medial shin on PF, DF and Inversion
- 1st Rx

4

- MMA fighter
- Ulna collateral ligament elbow
- Grade I
- 5/7
- Full ROM, limited swelling, only pain on ligament stress test
- 3rd Rx

5

- Ballet Dancer
- Posterior impingement syndrome
- P+++ Plantar flexion
- No Swelling
- 2/52
- 1st Rx

6

- Netballer GA
- Repeated lateral ankle sprain
- 8/52
- No Swelling
- No pain
- Peroneals weak on assessment
- 2nd Rx

7

- Ice Hockey Player
- Grade I AC joint sprain
- 2/52
- No deformity
- Back to training
- Only pain on contact drills
- 1st Rx

8

- Basketball Player
- L ACL rupture 1/52
- Awaiting surgery 1/52
- Swelling
- ↓ROM
- ↓ Strength
- Pain on waking

9

- Surfer
- R # head of radius
- POP 6/52
- POP removed residual swelling limiting full extension
- 3rd Rx

10

- Sumo Wrestler
- Lower Back
- P++++ on Extention
- 3/7
- 1st Rx

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- Squash Player
- R Achilles tendinopathy Dx 4/52
- 4th Rx
- Localised tenderness
- Pain on gastrocnemius MMT

12

- Recreational cyclist
- OA in L knee
- Dx 4/12
- Has been using TENS at home 2/52
- Pad placement has become sensitive
- 1st Rx with you

13

- Motor Cross
- L # dislocation talocrural joint
- 10/52
- P+ still when walking
- ROM is limited by pain
- 1st Rx

14

- Netballer GK
- Fell and landed directly on her knee
- X-ray clear
- Very swollen
- Pain PROM Flexion EOR
- 7/7
- 2nd Rx

15

- Tennis player
- Dx ECRB Tendinopathy
- Sx 3/52
- 1st Rx

16

- 200m Sprinter
- Dx - Biceps Femoris Tear inferior MTJ
- Sx - 4/7
- 1st Rx

17

- Netballer
- ACL Grade II
- 4/52
- 1st Rx

18

- Gymnast
- Dx - Radio-carpal Ligament Sprain GII
- Sx - 2/52
- 3rd Rx

19

- ATFL and CFL GII
- X-ray cleared
- 2/7
- 1st Rx

20

- Power lifter
- Dx - Patella Tendinopathy
- Sx - 2/12
- 5th Rx