

Name of the faculty : Nagaraj S
Designation : Assistant Professor
Topic : Unit 1 PUZZLES (HBS PATTERN)

CASE SCENARIO 1: Shoulder Pain

Patient Profile:

A 45-year-old male presents with **pain in the right shoulder** for 3 months. Pain worsens with **overhead activities** and **reaching behind the back**. No history of trauma. On examination: tenderness over the **supraspinatus tendon**, pain on **Neer's Test** and **Hawkins–Kennedy Test**, **weak abduction strength**, **negative drop arm test**.

Questions:

Identify the most likely diagnosis.

Which special tests were positive, and what do they indicate?

What is the underlying pathology in this condition?

Suggest a basic physiotherapy assessment plan for this patient.

What management strategies would you consider based on the findings?

Bloom's Level Mapping:

Q1: Apply/Analyze

Q2: Analyze

Q3: Understand

Q4: Apply/Create

Q5: Evaluate/Create

CASE SCENARIO 2: Knee Injury

Patient Profile:

A 25-year-old female reports **knee pain** and **instability** after a soccer game. Swelling noticed immediately after the injury. On examination: **positive Lachman Test**, **positive Anterior Drawer Test**, **mild effusion**, **pain on flexion beyond 90°**.

Questions:

What is the likely ligament involved?

Which tests confirm your diagnosis?

Explain the mechanism of injury.

Outline a physiotherapy assessment plan for knee ligament injury.

Recommend immediate management steps before physiotherapy.

Bloom's Level Mapping:

Q1: Apply

Q2: Analyze

Q3: Understand

Q4: Apply/Create

Q5: Evaluate

CASE SCENARIO 3: Wrist & Hand

Patient Profile:

A 38-year-old female complains of **pain along the radial side of the wrist**, aggravated by **gripping objects** and **turning a doorknob**. Examination reveals **positive Finkelstein's Test**, **mild swelling over the first dorsal compartment**, and **pain on resisted thumb extension**.

Questions:

Identify the likely condition.

What is the significance of Finkelstein's Test in this patient?

Describe the muscles/tendons involved.

What physiotherapy assessment techniques would you use?

Suggest a conservative management plan.

Bloom's Level Mapping:

Q1: Apply

Q2: Analyze

Q3: Understand

Q4: Apply

Q5: Evaluate/Create