

1. Hamstring muscle strain is often seen in runners, particularly in sprinters. (1) Please discuss the common mechanism of injury of hamstring muscle strain. (10%) (2) In which phase (or phases) of running the hamstring strain often occurs? (5%) (3) Why the hamstring strain is often occurs in this phase? (5%) (4) What is often observed at injury? (5%) (5) What intervention should be implemented at acute phase and sub-acute phase. (15%)
2. Anterior cruciate ligament (ACL) injury is one common injury in basketball players or volleyball players. (1) Please discuss the common mechanism of injury of ACL injury. (10%) (2) What clinical test (or tests) can be performed to diagnose whether the athlete suffers from ACL injury (5%)? (3) How these clinical tests are performed in terms of patient's position and performer's position? (10%) What indicates "positive test"? (5%) (4) As an athletic trainer, what should you do for a person with ACL injury in the field (5%) and after ACL reconstruction (10%)?
3. An athlete suffers from ankle sprain at landing after grasping a rebound. (1) What procedures should be done immediately? (5%) (2) If this athlete insists to go back to the game, what procedure should you do for this athlete to protect him from further injury? (10%)