

# CAPAGE

**Promoting academic and professional excellence in health care  
to meet the challenges of aging in Sri Lanka**

**Prepare role plays focused on patient  
Musculoskeletal rehabilitation in  
following instances**



## Authors

H.P.M. Dabare - General Sir John Kotelawala Defence University, Sri Lanka

Chamila Senevirathne- General Sir John Kotelawala Defence University, Sri Lanka

Dilani Perera- General Sir John Kotelawala Defence University, Sri Lanka

Amara Perera- General Sir John Kotelawala Defence University, Sri Lanka

Duarte Pereira - Santa Maria Health School, Portugal

Pirjo Mäki-Natunen- JAMK University of Applied Sciences, Finland

## Consortium CAPAGE

1. University of Applied Sciences FH JOANNEUM, Austria
2. JAMK University of Applied Sciences, Finland
3. Santa Maria Health School, Portugal
4. University of A Coruña, Spain
5. Eastern University, Sri Lanka
6. General Sir John Kotelawala Defence University, Sri Lanka
7. University of Colombo, Sri Lanka
8. University of Jaffna, Sri Lanka
9. University of Peradeniya, Sri Lanka
10. University of Ruhuna, Sri Lanka



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**Prepare role plays focused on patient Musculoskeletal rehabilitation in following instances.**

1. Mr. Kamal , a 65-year-old carpenter, presents with a complaint of right shoulder pain persisting for the past four weeks. The pain began gradually and has worsened with overhead activities such as lifting tools and painting. He reports difficulty in sleeping on the affected side but denies any history of trauma or previous shoulder issues. His primary goal is to return to work and perform overhead activities without pain.
2. Mr. Asela, a 60-year-old IT professional, reports right knee pain that has persisted for three weeks. The pain began after he increased his running mileage from 5 km to 10 km and is localized around the kneecap, worsening with activities such as climbing stairs and running downhill. His primary goal is to resume running without discomfort. Range of motion is full, though there is mild discomfort during squatting.
3. Ms. Nethmi, a 50-year-old accountant, presents with persistent lower back pain lasting for six months. The pain worsens after prolonged sitting, such as during office work or driving, and is accompanied by morning stiffness that improves with movement. There is no any radiation of pain to the legs, history of trauma, or systemic symptoms. Her main goal is to reduce pain and improve her sitting tolerance at work. Upon observation, there is a slight anterior pelvic tilt and poor sitting posture. Range of motion is limited in lumbar flexion, with pain noted at the end range. Weakness is identified in the core and gluteal muscles.
4. Students divide into small groups (5–6 per group).

Each group receives one real-world clinical case scenarios based on common musculoskeletal disorder affecting elderly.

Practice musculoskeletal assessments on each other using role-play.

One student plays an elderly patient using case scenarios.

Others perform the assessment findings.

Rotate roles.

At the end of the role play, each group presents briefly about below key points.

- Summarize assessment findings.
- Discuss likely diagnosis or differential diagnosis.
- Identify functional limitations and risks.
- Propose an initial physiotherapy goal or referral action.

Finally, discuss common challenges encountered during assessment.