

## Musculoskeletal workshop QUIZ – 24 June 2006

### Multiple Choice Questions

**Instructions: Pick the best answer from each.**

1. The shoulder joint could be described as:
  - a. Synarthrotic but not diarthrotic
  - b. Fibrous but not amphiarthrotic
  - c. Synovial and synarthrotic
  - d. Synovial and sutural
  - e. Diarthrotic but not fibrous
  
2. The volume of synovial fluid would most likely be greatest in the joint between:
  - a. The left parietal bone and left temporal bone
  - b. The distal and middle phalanges of the left ring finger
  - c. The epiphysis and diaphysis of a growing femur
  - d. 2 carpal bones
  - e. The humerus and the scapula
  
3. Which of the following is TRUE?
  - a. Articular cartilage can be either hyaline or elastic cartilage
  - b. Synovial fluid is formed from blood
  - c. Ligaments are only found in amphiarthrotic joints
  - d. Synovial joints never contain bursae
  - e. None of the above
  
4. Which of the following is NOT considered part of the knee?
  - a. Patellofemoral joint
  - b. Medial patellotibial joint
  - c. Medial tibiofemoral joint
  - d. Medial femorofibular joint
  - e. 2 of the above
  
5. The anterior cruciate ligament prevents:
  - a. Hyperextension of the knee
  - b. Hyperflexion of the knee
  - c. Lateral rotation of the knee
  - d. Medial rotation of the knee
  - e. Lateral extension of the knee

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6. Features associated with subacromial impingement include:
  - a. Lack of tenderness over the subacromial bursa
  - b. loss of rotation and abduction
  - c. a painful arc between 80° and 120° abduction
  - d. pain at the extremes of motion
  
7. Initial management of osteoarthritis of the glenohumeral joint does not include:
  - a. anti-inflammatory medications
  - b. shoulder strengthening exercises
  - c. activity modification
  - d. shoulder mobilization
  - e. strapping
  
8. Mechanical back pain is often associated with:
  - a. insidious onset
  - b. diffuse nature
  - c. severe morning stiffness
  - d. history of previous episodes
  - e. worsening pain at night
  
9. Treatment of chronic tendonitis/frozen shoulder of the rotator cuff of the shoulder would not usually include:
  - a. Hydrodilatation of joint
  - b. Joint injection
  - c. physiotherapy
  - d. manipulation under GA
  - e. total rest
  
10. In cases of acute lumbar strain management strategies should include:
  - a. Bed rest for a few days
  - b. ice followed by local heat
  - c. NSAIDs
  - d. Manipulation in some cases
  - e. none of the above

**Instructions: Pick the best answer from each.**

11. There is a concept called 'yellow flags' which refer to psychological factors that increase the risk of developing, or perpetuating long-term disability and work loss associated with low back pain. Which factor is not usually considered a yellow flag?:
- a. No private health insurance
  - b. Fear that something is seriously wrong
  - c. Fear that inevitably they will get worse
  - d. Belief that activity will aggravate the care of their pain
  - e. Blaming the pain on work
12. Investigations in the initial management of suspected strain to the medial collateral ligament of the knee include:
- a. aspiration of the joint
  - b. plain X-ray of the knee
  - c. MRI scan of the knee
  - d. None of the above