Post test for O&P 2 Hrs CE

The Exam

This examination is taken in "open book" format. That means you are free to answer the questions after research or discussion with your fellow workers. We feel this exam will encourage you to review your knowledge of Anatomy & Physiology, Orthopedic Medicine and Trauma.

DIRECTIONS:

Questions should be answered on separate sheets of paper with your name at the top of each page, and may be handwritten or typed. Please mail your answers to the following address.

Pass Results will be forwarded to the ABC for your 2 Hrs of CE

ASOP
PO BOX 7440
Seminole, Fl 33775

Name_____Tel# _____

Fax_____email_____

Workshop City Attended_____

Exam Page 1

1. Define and give an example of each:
(a) a cell
(b) a tissue
(c) an organ
2. What classification would you use for these bones?
(a) patella
(b) femur
(c) tibia
3. Name the long bones in the:
(a) the arm
(b) the leg
4. Classify the tibio-fibular joint.
5. Define the origin of a muscle.
6. What is the differences between skeletal and smooth muscle tissue?
7. Draw a leg
(a) draw the three planes of the body through it and designate them by arrows on the drawing
(b) show the proximal and distal ends
8. Draw a foot:
(a) in anatomical position
(b) in varus
(c) in valgus
9. What are the differences between compact and cancellous bone?
10. What is the function of the Haversian canal?

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11. (a) What is the purpose of the epiphyseal plate?
(b) What could happen if the epiphyseal plate is damaged?
12. What is the main function of a meniscus?
13. What is osteoarthritis?
14. What would be the symptoms of a deep cartilage injury to a joint?
15. What are the important factors which contribute to arthritis?
16. List the purpose(s) of synovial fluid.
17. Name:
(a) the three bones in the pelvis
(b) the long bones of the leg
18. Name four functions of the pelvic girdle.
19. Classify the following joints:
(a) symphysis pubis
(b) the joint between the sacrum and the innominate bones
(c) the inferior tibio-fibular joint
(d) the knee
20. What are the five types of movement of the hip joint. Make a simple stick diagram showing them.

21. In one hundred words, describe the use of our hip muscles during walking. Include the names of the important muscle groups and describe their actions.
22. What is avascular necrosis? Where is a common location for it?
23. (a) Name the three bones of the knee.
(b) What factors determine knee stability.
24. What are the functions of :
(a) hamstrings
(b) quadriceps
25. List as many functions of the foot as you can.
26. Name the regions of the foot. List the bones of each region.
27. What is:
(a) inversion
(b) dorsiflexion
(c) a bunion.
28. Describe the shoulder girdle. Include bones, ligaments and muscles and other soft tissue structures in your answer.
29. Describe the types of movements at the shoulder joint.
30. What types of movement are possible at the elbow joint?

31. What muscles are used to control the wrist and move the fingers while playing a piano?
32. What does the median nerve do?
33. List the three most important functions of the thumb.
34. Name the four regions of the spine. How many vertebrae are there in each? Are they lordotic or kyphotic?
35. Describe where in the vertebral column most of the following types of movement occur: (a) flexion
(b) rotation
(c) extension
36. List which structures stabilize the spine.
37. Draw a typical vertebra. Label its features.
38. (a) Name two main parts of an intervertebral disc.
(b) Which structure may be put under pressure by a prolapse?
39. Define axial skeleton.
40. What is the cause of sciatica?

41. Describe two possible causes of mechanical backache.
42.
(a) Define the following:
1) spondylosis
2) spondylolysis
3) spondylolisthesis
(b) Describe a simple treatment of spondylosis.
43. Describe the process of a disc herniation.
44. How is a dislocated hip diagnosed at birth? How is it treated?
45. Describe the treatment alternatives of a clubfoot.
46. Define spina bifida.
47. Define Perthe's disease and what age is it most common?
48. When you are examining an injured person who is suspected of having a fracture, what is meant by the following terms:
(a) Deformity?
(b) Tenderness?
(c) Crepitus?
49. Name five investigative methods used to diagnose a fracture.
50. You are told a man has fractured his ankle - what information do you require to fully describe this injury?

51. (a) By what mechanism does a spiral fracture occur?
(b) What are two common causes of pathological fractures?
52. Describe four ways of immobilizing fractures
53. Give two reasons why implants used for internal fixation of a fracture are removed.
54. (a) Compare and contrast the features of acute and chronic diseases.
(b) Give an example of a joint condition for each type of disease in (a).
55. Describe three ways in which a doctor may treat arthritis of the knee without surgery. Name a types of braces used.
56. Define: (a) arthrodesis (b) osteotomy (c) arthroplasty.
57. What is the aim of an osteotomy?
58. Describe limitations of artificial joints.
59. Compare and describe:
(a) The bony stability in the knee and hip joints
(b) The ligament balance in knee and hip replacements
60. List early and the late complications which can occur after joint replacement.

61. Draw three common patterns of meniscal tears.
62. What are the long-term problems of total meniscectomy?
63. What type of surgery is now common for a complete anterior cruciate ligament tear in the knee?
Name the different types of grafts used in this procedure.

64. What types of braces are used after an ACL repair? When are they used?
65. What are some of the benefits of using fiberglass casting tape over plaster for a fracture cast?
What are the benefits of using plaster?

66. An Achilles injury is usually casted in what leg/ankle/foot position.
67. A supraspinatus (Y view) view of the shoulder is used to show what bony structures? How does this view help in diagnosing a shoulder problem?
68. A weight bearing (standing) view of the knee is taken to help diagnosis what disease?
69. Why do we require an xray of the opposite side extremity (non-injured) in children.
70. It is Friday afternoon, you just applied a short leg cast to a fresh ankle fracture. List the instructions you give to the patient after applying this cast. List the complications that could happen over the weekend. What precautions would you take with this patient? If this patient did not speak English, what would you do?

71. Give as many reasons as you can for a cast change.
72. Name the stages of bone healing and give the days from the initial fracture that they take place. (Assume a Colles fracture)
73. Define
(a) non-union.
(b) delayed union
(c) mal-union
74. What is "bone stim"? Explain what it does and when it is used.
75. Name the stages of ligament healing and give the days from the initial partial tear that they take place.
76. You see an accident on the street. You stop to help. What law in your state protects you from medical liability in such cases?