

SEPTEMBER 2011 – ORTHOPAEDIC SURGERY

CPD questionnaires must be completed online via www.cpdjournals.co.za
After submission you can check the answers and print your certificate.

BRACHIALGIA: CERVICAL RADICULOPATHY AND DIFFERENTIAL DIAGNOSIS

1. A C5/6 disc extrusion will typically cause pain in the (choose the correct answer):
 - A. Scapular region
 - B. Posterior arm
 - C. Thumb
 - D. Middle finger
 - E. Little finger.
2. A positive Phalen test implies (choose the correct answer):
 - A. Carpal tunnel syndrome
 - B. Ulna neuropathy
 - C. Cervical radiculopathy
 - D. Thoracic outlet syndrome
 - E. Rotator cuff pathology.

COMMON ELBOW CONDITIONS

3. True (A) or false (B):

Lateral epicondylitis (tennis elbow) is frequently seen in people who work extensively with computers.
4. True (A) or false (B):

Most patients with tennis elbow have a full range of movement.

SHOULDER INSTABILITY

5. Which one of the following statements is true regarding acute traumatic dislocations?
 - A. The majority of patients have a HAGHL lesion
 - B. Hill-Sachs fractures are rare
 - C. Rotator cuff tears are more common over the age of 40
 - D. Tears of the rotator cuff are generally treated conservatively
 - E. Associated neurological injury has a poor prognosis.
6. Which one of the following statements is true?
 - A. Recurrent rates are prevented by immobilisation in internal rotation
 - B. Recurrent dislocations predispose to osteoarthritis
 - C. Surgery has a 60% success rate
 - D. The older the patient the higher the risk for redislocation
 - E. When there is bone loss an arthroscopic repair is the best surgery.

CLEARING THE CERVICAL SPINE

7. A patient with a closed head injury requires (choose the correct answer):
 - A. Lateral cervical X-ray
 - B. Lateral and AP cervical X-ray
 - C. Lateral, AP and open mouth X-ray
 - D. Lateral showing C0-T1, AP and open mouth X-ray
 - E. CT and MRI scan.
8. True (A) or false (B):

An anterior cervical soft-tissue shadow of one body width at C4 is normal.

RADIOLOGICAL PITFALLS IN HAND INJURIES

9. Scaphoid fractures (choose the correct answer):
 - A. Always need a CT scan for diagnosis
 - B. Are always visible on initial radiographs
 - C. If suspected, can be treated in a soft bandage and re-X-rayed in 2 weeks
 - D. Are commonly missed
 - E. Are easy to treat as late injuries.
10. True (A) or false (B):

When the rest of the carpal bones dislocate off the lunate – a peri-lunate dislocation – the direction of dislocation is dorsal.

HAND IMMOBILISATION AND REHABILITATION

11. The following all play an important role in decreasing hand swelling and rehabilitation, except (choose the correct answer):
 - A. NSAIDs
 - B. Elevation
 - C. Physiotherapy to encourage motion
 - D. Splintage to maintain a 'safe position' for the hand
 - E. Analgesics to assist with early motion of the hand.
12. True (A) or false (B):

The 'safe position' of the hand is when the MP joints are extended and the IP joints are flexed.

WRIST PAIN

13. True (A) or false (B):

Kienböck disease is avascular necrosis of the scaphoid bone.
14. True (A) or false (B):

De Quervain's tendonitis is elicited by placing the thumb into the palm and stretching the wrist into radial deviation.

COMMON HAND CONDITIONS

15. True (A) or false (B):

All patients with carpal tunnel syndrome *must* have nerve conduction studies performed.
16. Arthritis of the base of the thumb (choose the correct answer):
 - A. Is common in rheumatoid patients
 - B. Is common in postmenopausal women
 - C. Should be treated with oral anti-inflammatories
 - D. Is difficult to diagnose on radiograph
 - E. All patients require surgery.

CURRENT CONCEPTS IN ROTATOR CUFF MANAGEMENT

17. Which one of the following is false?
 - A. Siblings of patients with a rotator cuff tear have a higher incidence of a tear
 - B. Rotator cuff muscles develop fatty changes with long-standing tears of the cuff
 - C. The fatty changes are irreversible even with successful surgery
 - D. Rotator cuff tears of less than 3 cm have a good prognosis
 - E. Rotator cuff tears following trauma are best treated with early surgery.
18. Which one of the following is false?
 - A. Mesenchymal cells alone do not improve tendon repairs in rats
 - B. Increased cell apoptosis is found in tendons which are torn
 - C. Platelet-rich plasma shows improved healing in a clinical trial
 - D. Cytokines are intimately involved in tendon tears and healing
 - E. Surgery results in almost 100% healing rates in rotator cuff tears.

TESTING FOR ELBOW INSTABILITY

19. Which one of the following is false?
 - A. The main stabilising structure of the elbow is the congruency of the joint
 - B. The medial collateral ligament is more likely to heal than the lateral collateral
 - C. Recurrent dislocations are common
 - D. Posterolateral rotatory instability is due to lateral collateral injury
 - E. Patients have difficulty pushing themselves out of a chair.
20. Which one of the following is true?
 - A. The milk test uses a varus force to test the medial collateral ligament
 - B. The posterolateral rotatory pivot shift test is done with the forearm in pronation
 - C. The elbow has to be flexed 20° - 30° to do varus/valgus testing
 - D. The push-up sign tests the medial collateral ligament
 - E. An MRI is very reliable in instability evaluation.

Erratum: The answer to question 13 in the July edition of *CME* should be E: None of the above.