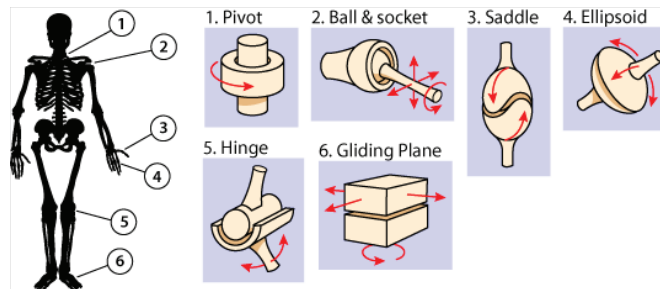


What type of joint is the hip?

- A) Ball and socket
- B) Hinged
- C) Pivot
- D) Gliding

Types of Joints	Function	Example
Ball and socket	have full ROM	hips, shoulders
Hinged	only allow a small range of motion (ROM)	humerus with ulna and radius
Pivot	allow a wide ROM, but not as much freedom as ball and socket joints	between atlas and axis
Gliding	allow sliding motion between two bones	wrist and ankle



What does FABERE (Patrick's test) test for?

- A) Hip joint dysfunction
- B) Gluteus medius weakness
- C) Femoral nerve irritation
- D) Iliotibial band tightness

FABERE test = FABER test = Patrick test = "Figure of Four test"

F	AB	ER	E
Flexion	ABduction	External Rotation	Extension

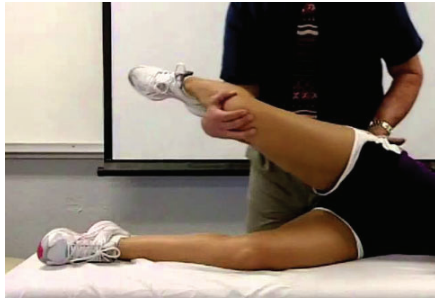


	Hip joint dysfunction	SI joint dysfunction
Sensitivity	81%	77%
Specificity	25%	100%

What is the test to check for contraction of the iliotibial band?

- A) Thompson's test
- B) Painful arc test
- C) Ober test
- D) Yergason's test

Thomson's test	Indicates ruptured achilles tendon.
Painful arc test	Checks for impingement of the supraspinatus.
Ober test	Evaluates a tight, contracted or inflamed Tensor Fasciae Latae (TFL) and Iliotibial band (ITB)
Yergason's test	Assess for bicipital tendonitis.

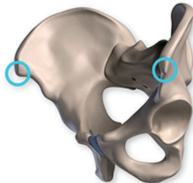
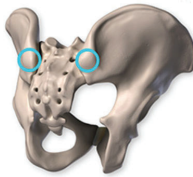

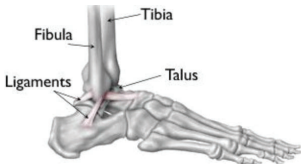


Ober test

- abducts the involved leg as far as possible with the knee flexed to 90 degrees and the hip extended to 0. The leg is lowered.
- If the leg remains abducted, the test is positive and indicates tightness in the iliotibial band.

How do you measure for leg length discrepancy?

- A) Anterior superior iliac spine (ASIS) to lateral malleolus
- B) Posterior superior iliac spine (PSIS) to lateral malleolus
- C) ASIS to medial malleolus
- D) PSIS to medial malleolus

ASIS (Anterior Superior Iliac Spine)	PSIS (Posterior Superior Iliac Spine)
	
Medial malleolus (Extra Point: Nei Huai Jian)	Lateral malleolus (Extra Point: Wai Huai Jian)
	

All of the following are true about piriformis syndrome except:

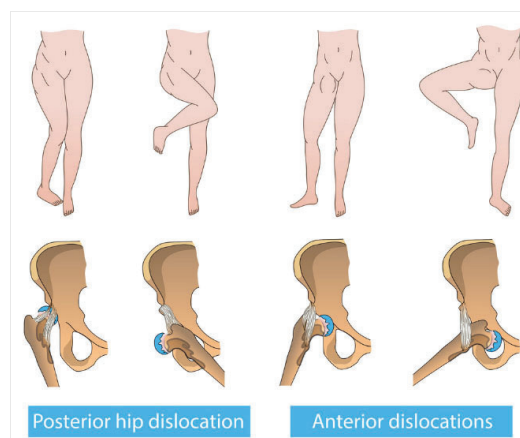
- A) The sciatic nerve may be involved because the nerve runs through the piriformis muscle fibers
- B) Pain may be in lateral buttock, posterior hip and thigh, sciatica-like pain
- C) Pain with flexion, abduction, and external rotation
- D) Pain may be exacerbated by walking up stairs or prolonged sitting



Which of the following is false about hip dislocation?

- A) The most common type is anterior hip dislocation
- B) Sciatic nerve may be stretched or compressed during posterior hip dislocations
- C) Femoral nerve may be injured during anterior hip dislocation
- D) Motor vehicle accidents are the most common cause of hip dislocations

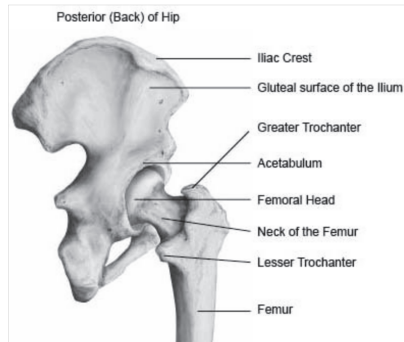
The most common type of hip dislocation is _____ (90%).



What is the most common type of hip fracture?

- A) Subcapital
- B) Transcervical
- C) Intertrochanteric
- D) Subtrochanteric

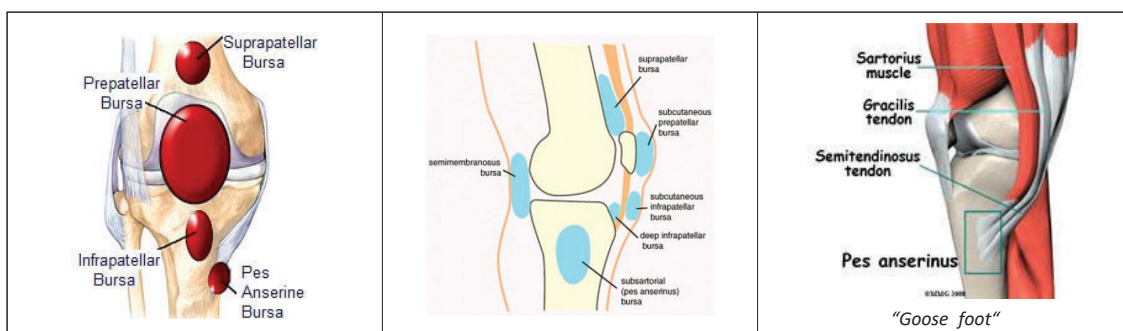
An _____ hip fracture occurs three to four inches from the hip joint. This type of fracture does not interrupt the blood supply to the bone and may be easier to repair.



Which is NOT an anterior bursa of the knee?

- A) Prepatellar bursa
- B) Pes anserine bursa
- C) Deep infrapatellar bursa
- D) Suprapatellar bursa

Anterior	Medial	Posterior
<ul style="list-style-type: none"> Suprapatellar Prepatellar Infrapatellar (superficial) Infrapatellar (deep) 	<ul style="list-style-type: none"> Pes anserine 	<ul style="list-style-type: none"> Semimembranosus



Bursa	A fluid-filled sac or saclike cavity, especially one countering friction at a joint.
Bursitis	Inflammation of the fluid-filled pads (bursae) that act as cushions at the joints.

What is located at the attachment of the tendons of the sartorius, gracilis, semitendinosus, and the medial collateral ligament?

- A) Baker's cyst
- B) Pes anserine bursa
- C) Posterior bursa
- D) Deep infrapatellar bursa

Pes anserine means:

- A) Goose foot
- B) Chicken foot
- C) Frog foot



Housemaid's knee is a condition that's also known as:

- A) Suprapatellar bursitis
- B) Infrapatellar bursitis
- C) Prepatellar bursitis
- D) Pes anserine bursitis

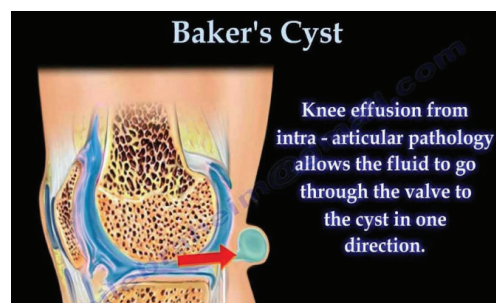


A type of fluid collection behind the knee also known as:

- A) Baker's cyst
- B) housemaid knee
- C) Pes anserine bursitis

A lubricating fluid called synovial fluid helps the leg swing smoothly and reduces friction between the moving parts of the knee. But sometimes the knee produces too much synovial fluid, resulting in buildup of fluid in an area on the back of the knee (popliteal bursa), causing a Baker's cyst. This can happen because of:

- Inflammation of the knee joint, such as occurs with various types of arthritis
- A knee injury, such as a cartilage tear



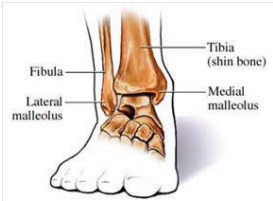
What forms the medial malleolus?

- A) Talus and calcaneus
- B) Distal tibia
- C) Distal fibula
- D) Cuneiform bones

	Description	Extra point
Medial malleolus	the prominence on the inner side of the ankle, formed by the lower end of the _____	Nei Huai Jian (内踝尖)
Lateral malleolus	the prominence on the outer side of the ankle, formed by the lower end of the _____	Wai Huai Jian (外踝尖)

What forms the lateral malleolus?

- A) Distal tibia
- B) Distal fibula
- C) Talus
- D) Navicular



What is the location of the Influential point of marrow? (TWO ANSWERS)

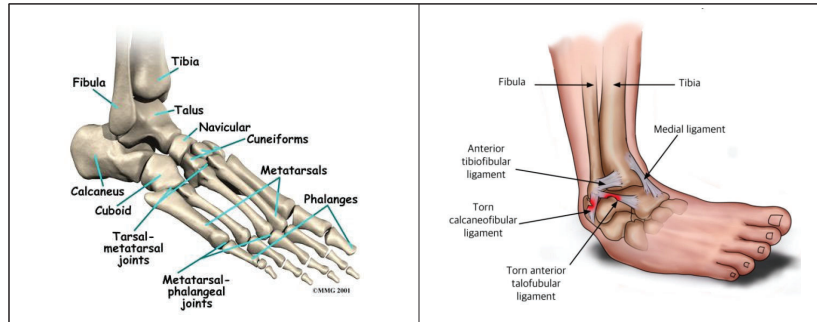
- A) 3 cun above the tip of the external malleolus, in the anterior to the border of the tibia
- B) 3 cun above the tip of the external malleolus, in the posterior to the border of the tibia
- C) 3 cun above the tip of the external malleolus, in the anterior to the border of the fibula
- D) 3 cun above the tip of the external malleolus, in the posterior to the border of the fibula

21. LATERAL LOWER LEG																
<div>GB POINTS AROUND THE FIBULA</div> <table><tr><td>GB35</td><td>Posterior</td><td>Xi-Cleft of Yang Wei</td></tr><tr><td>GB36</td><td>Anterior</td><td>Xi-Cleft of GB</td></tr><tr><td>GB37</td><td>Anterior</td><td>Luo-Connecting of GB</td></tr><tr><td>GB38</td><td>Anterior</td><td>Jing-River of GB</td></tr><tr><td>GB39</td><td>Posterior</td><td>Influential pt. of Marrow</td></tr></table>		GB35	Posterior	Xi-Cleft of Yang Wei	GB36	Anterior	Xi-Cleft of GB	GB37	Anterior	Luo-Connecting of GB	GB38	Anterior	Jing-River of GB	GB39	Posterior	Influential pt. of Marrow
GB35	Posterior	Xi-Cleft of Yang Wei														
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GB37	Anterior	Luo-Connecting of GB														
GB38	Anterior	Jing-River of GB														
GB39	Posterior	Influential pt. of Marrow														
<p>NOTE: The location of GB39 varies according to different texts; it is 3 cun above the external malleolus, but some say posterior to the fibula while others say anterior to the fibula. Actually, they are both correct. The posterior location should be used for needles, while the anterior location should be used with moxa. The Influential Point of Marrow, GB39 benefits the brain & head. Used for headache, especially headache related to hunger or food retention. Clinically, moxa at GB39 can help prevent stroke, & additionally boosts T-cell counts & strengthens the immune system. Another clinical use is to help people cope with the side effects of chemotherapy.</p>																
<table><tr><th>Posterior to fibula</th><th>Anterior to fibula</th></tr><tr><td>Use Acupuncture</td><td>Use Moxa</td></tr></table>		Posterior to fibula	Anterior to fibula	Use Acupuncture	Use Moxa											
Posterior to fibula	Anterior to fibula															
Use Acupuncture	Use Moxa															
Handbook p.170	Minibook p.128															

Which ligament is the weakest of the ankle ligaments?

- A) Deltoid ligament
- B) Calcaneofibular ligament
- C) Anterior talofibular ligament
- D) Posterior talofibular ligament

- Most sprains affect the _____ ligament.
- The ligament comes under strain and is vulnerable to injury, particularly when the foot is inverted.



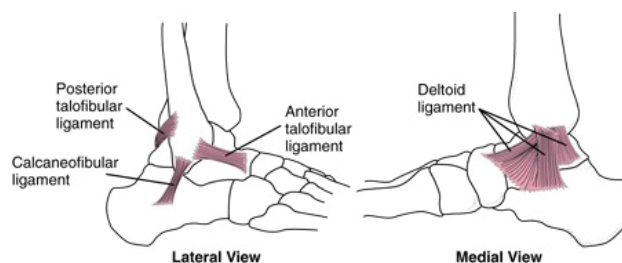
Yuan-source point of Foot Shaoyang channel is located near which of the following ligament?

- A) Anterior talofibular ligament
- B) Posterior talofibular ligament
- C) Calcaneofibular ligament
- D) Deltoid ligament

Which ligament stabilizes the medial ankle?

- A) Posterior talofibular ligament
- B) Deltoid ligament
- C) Anterior talofibular ligament
- D) Calcaneofibular ligament

- The _____ ligament functions to support the medial surface of the ankle.
- It helps to connect the tibia to the calcaneus, navicular, and talus bones.



Lateral ligaments			Medial ligament
Anterior Talo-Fibular (ATF)	Calcaneo-Fibular	Posterior Talo-fibula (PTF)	Deltoid ligament

Match each one the correct definition.

Inversion sprain ■





damage the lateral ligaments

Eversion sprain ■



damage the medial ligament

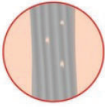
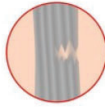
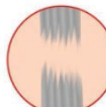
Inversion	Eversion
tilt the sole of the foot towards the median plane	tilt the sole of the foot away from the median plane
	
Yin Qiao pathology	Yang Qiao pathology

YANG QIAO	Epilepsy, <u>insomnia</u> , redness and pain in the inner canthus, pain in the back and lumbar region, <u>eversion</u> of the foot and spasm of the lower limbs
YIN QIAO	Epilepsy, <u>lethargy</u> , pain in the lower abdomen ; pain in the lumbar and hip regions referring to the pubic region ; spasm of the lower limbs and <u>inversion</u> of the foot

Handbook p.109

Which of the following grade of sprain needs immobilization?

- A) Grade 1
- B) Grade 2
- C) Grade 3

Grade 1 Sprain	Grade 2 Sprain	Grade 3 Sprain
Minimal ligament tearing	Significant ligament tearing	Complete ligament rupture
 Stretching, small tears	 Larger, but incomplete tear	 Complete tear
Mild pain	Moderate pain	Severe pain
Some swelling and stiffness. Slight stretching tearing of the ligament	A bit more ligament tearing, bruising and swelling	Ligament is fully torn. Severe pain and swelling
Still stable enough to walked on	Less secure to walk on	The ankle needs immobilization

Match each one the correct definition.

Strain



Injury to a ligament

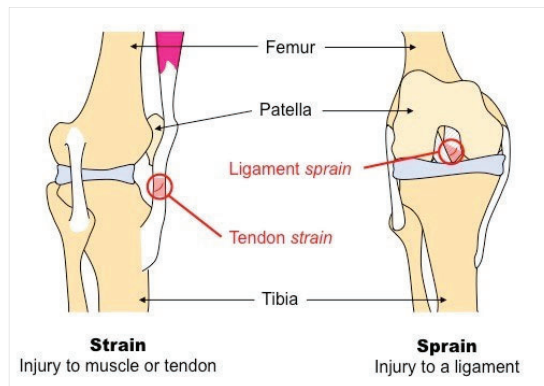
Sprain



Injury to muscle or tendon

Which one of the following terms is used most correctly?

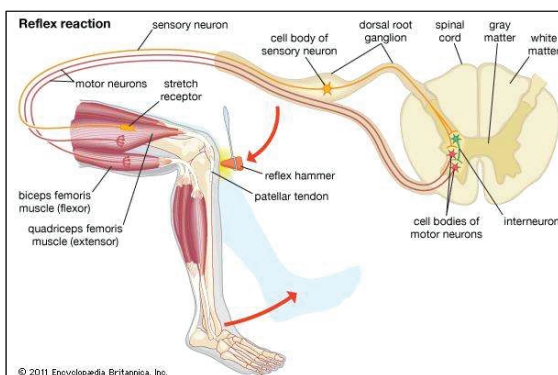
- A) Bone sprain
- B) Ligament strain
- C) Tendon sprain
- D) Muscle strain



The patellar tendon reflex assesses which nerve root?

- A) L1
- B) L4
- C) L5
- D) S1

- Striking the tendon just below the patella stretches the muscle spindle in the quadriceps femoris muscle. This produces a monosynaptic reflex arc back to the spinal cord and synapses at the level of ____ in the spinal cord.
- From there, an alpha-motor neuron conducts an efferent impulse back to the quadriceps femoris muscle, triggering contraction resulting in knee extension.



TENDON REFLEX

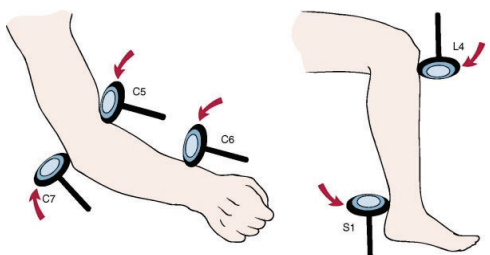
- Tendon reflex tests are used to determine the integrity of the spinal cord and peripheral nervous system, and they can be used to the presence of a neuromuscular disease.
- To test the reflex, tap on the tendon. In a healthy individual the intensity on both sides is equal. This means that the connections between the spinal cord and the muscles are undamaged.

The Achilles reflex assesses which nerve root?

- A) L4
- B) L5
- C) S1
- D) S3

- The ankle jerk (Achilles reflex), occurs when the Achilles tendon is tapped when the foot is slightly dorsiflexed and produces plantar flexion.

Deep Tendon Reflex (DTR)

	Upper Limb	Biceps	C5	C5 C6
		Brachioradialis	C6	C6 C7
		Triceps	C7	C6 C7
	Lower Limb	Patellar	L4	L2 L3 L4
		Achilles	S1	S1

C5 and C6 nerve root can be assessed by which of the following reflex test?

- A) Biceps reflex
- B) Brachioradialis reflex
- C) Triceps reflex
- D) Patella reflex

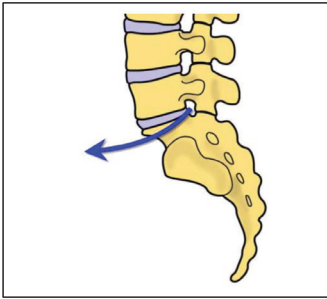
The triceps deep tendon reflex is a reflex as it elicits involuntary contraction of the triceps brachii muscle. It is initiated by the Cervical spinal nerve ____ nerve root.

- A) 5
- B) 6
- C) 7
- D) 8

Match the each fibrous connective tissue to the correct function.

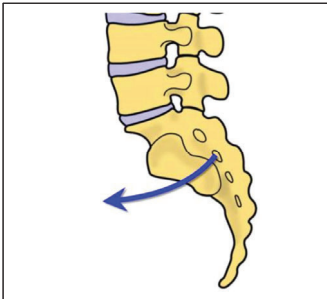
Tendon	■	<input type="checkbox"/> connect bone to bone / help stabilize joints / Ex: Anterior Cruciate _____
Ligament	■	<input type="checkbox"/> connect muscle to bone / located at each end of a muscle / Ex: Achilles _____

The image shows the lumbar spine. Which spinal nerve is represented by this arrow?



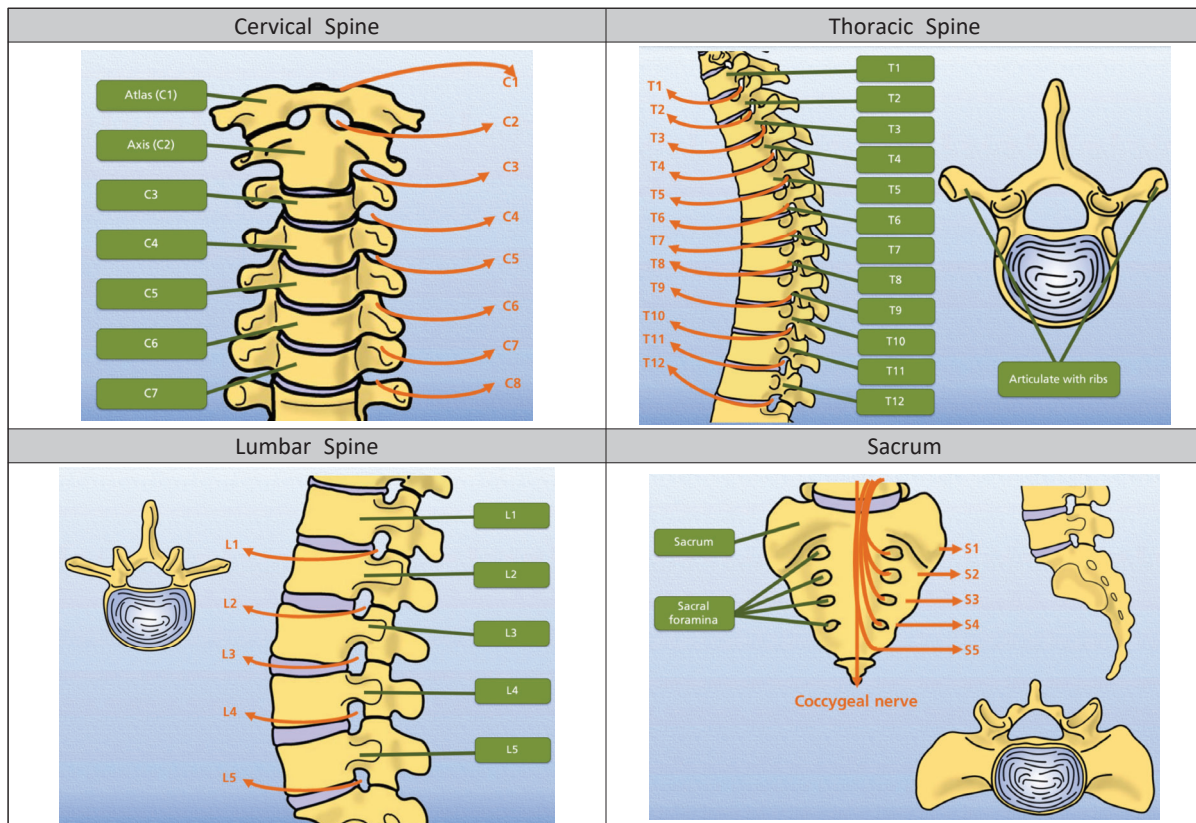
- A) L3
- B) L4
- C) L5
- D) S1

The image shows the sacrum. Which spinal nerve is represented by this arrow?



- A) S1
- B) S2
- C) S3
- D) S4
- E) Coccygeal nerve

Spinal Nerves



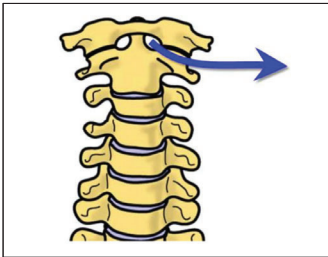
Source: American Spinal Injury Association

The C8 nerve emerges _____ the C7 vertebra

- A. Above
- B. Below

The spinal nerve emerges from the spinal column through intervertebral foramen between adjacent vertebrae. This is true for all spinal nerves except for the first spinal nerve pair (C1), which emerges between the occipital bone and the atlas (the first vertebra). Thus the cervical nerves are numbered by the vertebra below, except spinal nerve C8, which exists below vertebra C7 and above vertebra T1.

The image shows the anterior view of the cervical spine. Which spinal nerve is represented by this arrow?



- A) C1
- B) C2
- C) C3
- D) C4