**ORTHOPAEDICS FQE**

**PAPER ONE**

**1. During routine clinical examination in suspected disorders of the leg, ankle and foot, you inspect**

1. Shape of forefoot, movements, stability.
2. Bone contours and alignment, colour and texture of skin.
3. integrity of ligaments, local tenderness
4. Extension and flexion of joints.

**2. Which of the following is NOT a cause of foot disorders?**

1. hereditary factors
2. postural stress
3. compound palmer ganglion
4. foot wear

**3. Tears of the menisci are usually caused by a twisting force with the knee semi-flexed or flexed. Which of the following is not the type of a meniscus tear?**

1. Bucket handle.
2. Popliteal tears.
3. Posterior horn tears.
4. Anterior horn tears

**4. Manipulation is done on a patient due to the following reasons; which is not the correct reason**

1. Correct a deformity.
2. Strengthen the muscles.
3. Relief chronic pain.
4. For joint stiffness.

**5. Which of the following is NOT an indication for osteotomy?**

1. Permit excessive angulations.
2. Relief pain on osteoarthritic joints
3. In case of non-union.
4. Improve stability at the hip joint.

**6. Tendon operations are as follows. Choose the INCORRECT**.

1. Tenolysis.
2. Neurolysis.
3. Tenotomy.
4. Tenodesis.

**7. Congenital deformities or abnormalities may be caused** by;-

1. Genetic
2. Environmental
3. Lifestyle
4. Age.

**8. Which of the following NOT the cause of deformity arising at a joint.**

1. Muscle imbalance.
2. Tethering of muscles or tendon.
3. Effusion
4. Posture.

**9. During clinical examination, a part complained of is exposed to inspect the following except;**

1. Soft Tissues
2. Bones.
3. Local Tenderness.
4. Sinuses.

**10. The following is NOT the purpose of bone graft.**

1. In arthrodesis of joints.
2. In correction of deformities.
3. To fill a defect or cavity in a bone.
4. In case of ununited fracture to promote union.

**PAPER TWO**

1. **Which of the following is not a reason for active exercises?**
2. To immobilize joints
3. To strengthen muscles.
4. To improve co-ordination or balance.
5. Relieves pressure.
6. **Bone growth is affected by the following factors, which is not the correct factor**
7. Sex hormones
8. Vitamin A
9. Thyroid hormone
10. Growth hormones
11. **The following Tumours metastasize to bones most commonly. Select the incorrect one.**
12. pelvis
13. breast
14. prostate
15. kidney
16. **The destruction of a joint cartilage, capsule and ligaments in rheumatoid arthritis causes the following disorders**
17. Mechanical disarray, instability and deformity
18. Fractures
19. Infection.
20. Neuropathy
21. **The three indications of bone grafts are**
22. Non-united fractures
23. promote union
24. Fill cavity in a bone.
25. Arthroplasty of joints
26. **Diffuse swelling in an elbow joint is due to the following reasons. Which is not the correct?**
27. Fluid within the joint
28. Thickening of bone ends
29. Fracture within the joint
30. Thickening of the synovial membrane.
31. **In treating deformities the following methods are employed EXCEPT**.
32. Osteoclasis.
33. Open reduction and external fixation.
34. Gradual correction by traction.
35. Manual manipulation and splintage.
36. **deformity arising at a bone is due to the following except**
37. fracture
38. uneven epiphyseal growth
39. arthritis
40. bending
41. **Which of the following is a possibility cause of rheumatoid arthritis?**
42. wear and tear
43. infection
44. internal derangement
45. nerve compression
46. **Which is the most complication develop due to rheumatoid arthritis**
47. Tumours
48. Osteoporosis
49. Very wet mouth and eyes
50. paresthesia.

**PAPER THREE**

1. **Operative treatment is indicated in rheumatoid arthritis due to the following reasons EXCEP**
2. To repair damaged tissues.
3. To salvage destroyed joints
4. To remove the inflamed synovium
5. To relieve pain
6. **Radiological changes in osteoarthritis of the hip are as follows EXCEPT**
7. Osteophytes
8. Pleural pus
9. Cysts
10. Narrowed joint space
11. **In abnormalities of mineralization bones can be lost in the following ways except**
12. Osteopenia
13. Osteoclasts
14. Osteomalacia
15. Osteolysis
16. **The resulting bone loss is called\_\_\_\_\_\_\_\_\_**
17. Osteogenesis imperfecta.
18. Osteoporosis.
19. Hyperthyroidism.
20. Osteopenia.
21. **Neuropathic joints can occur due to the following causes. Which is the incorrect one?**
22. Arthritis
23. Joint dislocation
24. Diabetes mellitus
25. Bone necrosis
26. **Surgical removal of a potion or all of the synovial membrane of a joint is called**
27. Osteotomy
28. Arthrotomy
29. Synovectomy
30. Capsuloctomy
31. **Which of the following organisms is most commonly implicated in acute hematogenous osteomyelitis?**
32. Serratia marcescens
33. Pseudomonas aeruginosa
34. Escherichia coli
35. Staphylococcus aureus
36. **Denis Browne splint is used in treatment of**
37. Club feet
38. Torticollis
39. Knock knees
40. Brachial palsy.
41. **Which of the following finding is more common in patients with rheumatoid arthritis than patients with osteoarthritis?**
42. Osteophytes
43. Sub-chondral cysts
44. Asymmetric distribution.
45. Non-uniform joint space.
46. The term orthopaedic was coined by
47. Hugh Owen Thomas
48. Thomas Bryant
49. Nicholas andry
50. Sir Robert jones

SECTION True/False)

**1. RESPOND**

A). when assessing the range of motion in a limb passive movement is observed first then active

B). joint stability depends only on articular surfaces

C). burns may cause flexion deformity.

D). acromegaly is caused by excess secretion of growth hormones before growth is complete.

E). arthrodesis is the construction of new movable joint.

**2. RESPOND**

A) Osteochondritis dissecans is an example of internal derangement.

B) Treatment of bone tumours involves surgery and radiotherapy only.

C) One of the indications for tendon transfer is muscle paralysis.

d) One of the predisposing factors to osteoarthritis is occupation.

e) Any damage to the brain may cause spina bifida.

**3. RESPOND**

A) Pyogenic organisms cause Perthes diseases.

B) In prolapse lumber disc, the rapture displacement usually occurs between L3 and L5

C) In pes cavus the foot is curved upwards.

D) In scissors gait of cerebral palsy, the abductor spasms make the leg cross over one another.

E) Positive mantoux is a confirmatory test for tuberculosis.

**4. RESPOND**

A) Osteoarthritis of the ankle can follow any damage to the joint.

B) Standard treatment for cervical spondylosis is heat, rest, inflammatory drugs and supporting collar

C) Lifting using the back muscles is the correct lifting technique. D) Osteosarcoma is the commonest malignant tumour.

E) Cerebral palsy is usually treated conservatively.

5. **RESPOND**

A) Osteoarthritis is an inflammatory joint disease where by the cartilage thins. B) Scurvy and rickets are all bone metabolic diseases. C) Debridement is the only treatment applied in the treatment of chronic osteomyelitis. D) Ankylosing spondylitis a non-inflammatory joint disease. E) Pain on the forearm is called metatarsalgia.

**6. RESPOND**

A) Hallux valgus is only managed conservatively. B) Planter fasciitis is caused by a strain of the attachment of the planter fascia to the calcaneum.

C) Penetrating injury is one of the causes of septic arthritis of the knee. D) Carpal tunnel syndrome is due to the compression of the radial nerve.

E) Mallet toe is a fixed extension deformity of the distal inter-phalangeal joints of the 2rd toe.

**7. Foot deformity**

A) Genu valgum

B) Genu varus

C) Congenital tallipes equino-varus

D) Genu revercutum

E) Tallipes calcaneovalgus

**8. Congenital tallipes equino varus.**

A) Inversion

B) Adduction

C) Equinus

D) Abduction

E) Planter flexion

**9. Scoliosis**

A) it’s a compensatory disorder

B) Corrected by surgery only

C) it’s a congenital disorder

D) Infantile -3-10yrs

E) Juvenile – 0-3yrs

**10. Developmental dysplasia of the hip.**

A) More common in boys than girls.

B) Waddling gait if walking is delayed.

C) The affected limb is abnormally in its long axis.

D) Caused by breech malposition.

E) Left limb affected more than right hand.

**11. Clinical assessment for spina bifida.**

A) Paralysis

B) Sensory paralysis

C) Hydrocephalus

D) Visceral paralysis

E) None of the above.

**12. Internal derangement of joints**

A) Loose body formation

B) Osteochondritis dissecans

C) Effusion of pus like fluid

D) a and b only

E) None of the above

**13. Malignant tumours**

A) Multiple myeloma

B) Osteoma

C) Chondrosarcoma

D) Ecchondroma

E) Enchondroma

14. **Poliomyelitis. The 5 stages inorder form.**

A). Stage of onset.

B). Stage of greatest paralysis.

C). Stage of incubation.

D). Stage of recovery.

E).Stage of residual paralysis.

**15. Commonly affected joints by Osteochondritis dissecans.**

A).talar

B).femoral condyles

C).tibia plateau.

D).capitellium of humerus.

E).humeral condyles

**16. Radiographic findings in osteoarthritis.**

A).widening of joint space.

B).formation of osteophytes.

C).tophi deposits around the joint.

D).osteopenia in the subchondral areas of the joint

E).all of the above.

**17. Physical examination of the pes cavus foot reveals.**

A).clawing of the toes.

B).high longitudinal arch.

C).decreased motion in the sub-talar joint.

D).a and c only.

E).none of the above.

**18. Genu valgum**

A).hyperextensions of the knees.

B).bow legs.

C).knock knees.

D).club foot.

E).none of the above.

**19. Complications of osteomyelitis.**

A).pathological fractures.

B).contracture deformities.

C).septic shock.

D).antibiotic toxicity.

E).all of the above.

**20. Radiographic signs for chronic gout.**

A).osteoporosis.

B).pathological fractures.

C).joint space destruction.

D).tophi deposits.

E).intra-articular calcification.

**21. Rheumatoid arthritis.**

A).more common in males than females.

B).may be complicated by septic arthritis.

C).most commonly affects the distal interphalangeal joints.

D).is associated with destruction of cartilages.

E). affects several joints at the same time.

**22. Regarding scoliosis.**

A).congenital scoliosis is usually idiopathic.

B).scoliosis is more likely to manifest itself in adolescent than early childhood.

C).scoliosis is a word of Greek that means curvature.

D).scoliosis may be asymptomatic and diagnosed accidentally or x-ray examination.

E).most scoliosis is caused by hemi-vertebrae.

**23. Haemophilic arthritis.**

A).occurs in females and is transmitted by males.

B).it’s due to hemorrhage to the joint.

C).treated by antibiotics and bed rest

D).the joint remains swollen for several weeks after the acute onset.

E).none of the above.

**24. Children normal milestones.**

A).holding the head up supported at 3 months.

B).sit up unaided at 6 months.

C).stand up unaided between 9 and 12 months

D).walk by age of 20 months.

E).sit by age of 9months.

**25. Cerebral palsy.**

A).lesion in the spine

B).spastic paralysis.

C).caused by avascular necrosis.

D).lack of voluntary control of muscles.

E).a and b only.

**26. Post natal causes of poliomyelitis.**

A).infections

B).encephalitis

C).meningitis.

D).injuries

E).none of the above.

**27. Septic arthritis.**

A).spreads from an infected bone.

B).it is due to bacteria

C).it is due to direct infection from a penetrating wound.

D). A and B are correct.

E).all of the above.

**28. in regard to rheumatoid arthritis,**

A).it refers to stiffness of joints

B).rheumatoid arthritis is different from other forms of arthritis because it is symmetrical.

C).rheumatoid arthritis is more severe in men than women.

D).patients with rheumatoid arthritis experiences the most stiffness at night.

E).surgery is the only treatment for rheumatoid arthritis.

**29. Early signs and symptoms of rheumatoid arthritis.**

A).joint pains and tenderness

B).redness and swelling.

C).loss of joint motion.

D).limping.

E).all of the above.

30**. Metatarsus adductor is a common pediatric foot deformity characterized by**

A).lateral deformity of the sole

B).a medical deformity of the heel.

C).treatment consisting of stretching exercises in mild cases

D).common forefoot deformity

E).treatment depends on mobility of the foot.

**SECTION C. SHORT QUESTIONS AND ESSAY**

1. Define

a) Bone grafting (2mks)

b). list and explain 3 types of grafts (6mks)

2. Name 8 types of arthritis that you know. (8mks)

3. Give 3 reasons why active exercises are advocated in physiotherapy as non –operative treatment (3mks)

4. Name 3 operations done on the ligaments (3mks)

5. Define

a).arthroplasty (1mks)

b). 2Indications for arthroplasty (2mks) c). 3 Methods of arthroplasty (3mks)

6. List three ways in which bones can be affected. (3 mks) 7. Five Post natal causes of cerebral palsy are-: (5mks) 8. Give at-least 4 segments of orthopedic surgery. (4mks)

9. Outline the management of spina bifida. (5mks)

10. Outline the causes and pathology of osteoarthritis (5mks)