MCQ

1. Using standard goniometric measurements, you measure 90 degrees of active shoulder flexion on your patient with adhesive capsulitis. How much of that motion, in degrees, comes from the glenohumeral joint?

**a.** 90 degrees

**b.** 70 degrees

**c.** 60 degrees

**d.** 30 degrees

2. Your patient sustained a Colles fracture and has just come out of a cast. After the initial evaluation, the supervising physical therapist discusses the plan of care and wants to focus on improving wrist flexion. You know that in order to improve wrist flexion, joint accessory motion will need to be applied in which direction?

**a.** posterior to anterior

**b.** anterior to posterior

**c.** lateral to medial

**d.** medial to lateral

3. During the first 20 degrees of knee flexion, the popliteus facilitates the joint accessory motions to move as follows:

**a.** Femur moves posteriorly and medially rotates on the tibia.

**b.** Tibia moves anteriorly and externally rotates on the femur.

**c.** Femur moves anteriorly and externally rotates on the tibia.

**d.** Tibia moves posteriorly on the femur and externally rotates on the tibia.

4. Which of the following functions of the foot is best represented at the end of the stance phase?

**a.** mobile adapter

**b.** base of support

**c.** rigid lever

**d.** shock absorber

5. All of the following are negative results of a forward head rounded shoulder posture EXCEPT

**a.** loss of glenohumeral joint elevation.

**b.** limited thoracic chest expansion.

**c.** TMJ dysfunction.

**d.** loss of lower cervical (C5–C8) joint mobility.

6. You are assessing a patient who demonstrates signs of inflammation in the right knee. Which of the following is not a cardinal sign of inflammation?

**a.** pallor

**b.** rubor

**c.** tumor

**d.** calor

7. Which type of lower extremity amputation is most likely to develop an equinus deformity of the foot?

**a.** fourth and fifth ray amputation

**b.** symes

**c.** chopart

**d.** transmetatarsal

8. Which of the following activities would not be encouraged for a patient after a right posterior lateral total hip replacement with precautions?

**a.** backing up with a walker to sit on the toilet

**b.** turning to the right when ambulating with a rolling walker

**c.** bridging up in bed

**d.** standing up from a wheelchair using a walker with right knee flexed

9. Tenderness to the common wrist extensor tendon, pain with resisted supination, and strong gripping is consistent with which of the following conditions?

**a.** medial epicondylitis

**b.** lateral epicondylitis

**c.** golfer’s elbow

**d.** little league elbow

10. Which of the following is NOT consistent with the proliferative phase of healing?

**a.** parallel collagen formation

**b.** controlled motion

**c.** increased vascularization

**d.** wound contraction

11. Which of the following substances is associated with the formation of damaging crystals which can destroy a joint with gout?

**a.** calcium

**b.** sodium

**c.** uric acid

**d.** lactic acid

12. Which type of fracture will necessitate the most conservative weight-bearing status initially?

**a.** transverse

**b.** spiral

**c.** greenstick

**d.** fissure