

# August 2008 – Orthopaedics

CPD questionnaires must be completed online via [www.cpdjournals.org.za](http://www.cpdjournals.org.za). After submission you can check the answers and print your certificate. Questions may be answered up to 6 months after publication of each issue.

## MANAGEMENT OF OSTEOARTHRITIS OF THE HIP AND KNEE

1. Which one of the following is NOT a radiological sign of osteoarthritis:
  - A. Peri-articular cysts
  - B. Subchondral sclerosis
  - C. Focal narrowing of the joint line
  - D. Osteopenia
  - E. Osteophytes.
2. Core treatment involves (choose one):
  - A. Non-steroidal anti-inflammatory drugs, education, weight loss
  - B. Education, weight loss and physical therapy
  - C. Orthotics, weight loss and opioids
  - D. Topical non-steroidal anti-inflammatory drugs, opioids and acupuncture
  - E. Paracetamol, viscosupplementation and dietary supplements.
3. True (A) or false (B) – fill in only block A or B:  
Hip pathology usually presents with buttock pain.

## THE INJURED KNEE

4. True (A) or false (B) – fill in only block A or B:  
In all cases of a dislocated knee arteriography is performed.
5. True (A) or false (B) – fill in only block A or B:  
The patella usually dislocates laterally.
6. True (A) or false (B) – fill in only block A or B:  
A pop or snap at the time of the injury usually signifies an ACL tear while a crunch or tearing sensation may mean a meniscal, ligamentous or articular injury.

## AN APPROACH TO LOW BACK PAIN

7. With regard to back pain, which one of the following is NOT true:
  - A. A specific diagnosis is only possible in a minority of patients with acute lumbar pain
  - B. An MRI should be performed in all suspected acute disc herniations
  - C. The majority of acute disc herniations heal on conservative treatment
  - D. The only indications for emergency disc surgery are a cauda equina syndrome and severe or progressive neurological deficit
  - E. Surgery does not improve the 2-year outcome of acute disc herniation.
8. With regard to back pain, which one of the following is NOT true:
  - A. A pathological pain pattern suggests serious underlying pathology, e.g. tumour, infection, fracture
  - B. Pain referred from the back does not extend below the knee
  - C. Mechanical pain responds poorly to analgesics and is worst at night
  - D. The straight leg-raising test examines the sciatic nerve for nonspecific nerve root irritation
  - E. Radicular (root) pain is accompanied by neurological symptoms and/or signs and usually extends below the knee.
9. Which one of the following is NOT a 'red flag' indication for immediate further investigation of back pain:
  - A. Continuous pain for more than 6 weeks
  - B. Complaint of numb sensation foot with normal reflexes and power

- C. History of previous malignancy and trauma
- D. Spinal deformity
- E. History of rigors and weight loss.

## DEFORMITIES OF THE LOWER LIMB IN THE GROWING CHILD

10. True (A) or false (B) – fill in only block A or B:  
Deformities of angular alignment are most commonly seen around the knee.
11. True (A) or false (B) – fill in only block A or B:  
Rotational malalignment may occur at the hip or tibia: it is rare to have rotational malalignment at other levels.
12. True (A) or false (B) – fill in only block A or B:  
Physiological knock-knee typically occurs between the ages of 3 and 5 years when the femoral-tibial angle is at its maximum, and spontaneous correction is expected by 7 years.

## THE PAINFUL SHOULDER

13. Regarding calcifying tendinitis, select the correct statement:
  - A. It is more common in men
  - B. It is best diagnosed on MRI
  - C. The majority of patients are treated with surgery
  - D. It has no relationship to endocrine problems
  - E. It can look like septic arthritis.
14. Select the correct statement regarding frozen shoulder:
  - A. It usually resolves within 3 months
  - B. Good external rotation should be maintained
  - C. Steroids should never be used
  - D. The shoulder is seldom tender
  - E. Surgery is the mainstay of treatment.

## ACUTE OSTEITIS AND SEPTIC ARTHRITIS

15. True (A) or false (B) – fill in only block A or B:  
The most important investigation to diagnose acute osteitis is radiography.
16. True (A) or false (B) – fill in only block A or B:  
The treatment of acute osteitis or septic arthritis is usually emergency surgical drainage and intravenous antibiotics.

## SARCOMA OF THE EXTREMITIES

17. True (A) or false (B) – fill in only block A or B:  
Biopsy to establish a histological diagnosis should always be performed before referring a patient with a malignant tumour.
18. True (A) or false (B) – fill in only block A or B:  
Bone sarcomas occur mainly in children and young adults.

## OSTEOPOROTIC FRACTURES

19. True (A) or false (B) – fill in only block A or B:  
Treatment of osteoporosis is only indicated if the bone density falls in the osteoporotic range.
20. True (A) or false (B) – fill in only block A or B:  
Medical treatment is the only important measure to prevent further fragility fractures.

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