



قائمة الاسئلة

أمراض الجهاز العضلي والهيكلي-الثالث -قسم العلوم الطبية التطبيقية-العلاج الطبيعي - كلية الطب والعلوم الصحية - درجة الامتحان (70)

د.صادق الخميسي

- 1) Which of the following is the most common type of fracture in children?
 - 1) Greenstick fracture
 - 2) Comminuted fracture
 - 3) Transverse fracture
 - 4) Spiral fracture
- 2) What is the most common cause of shoulder pain in adults?
 - 1) Rotator cuff tendinitis
 - 2) Bursitis
 - 3) Impingement syndrome
 - 4) Acromioclavicular joint separation
- 3) What is the most common type of arthritis in the knee?
 - 1) Osteoarthritis
 - 2) Rheumatoid arthritis
 - 3) Gout
 - 4) Pseudogout
- 4) What is the most common cause of low back pain?
 - 1) Spondylolysis
 - 2) Spondylolisthesis
 - 3) Herniated disc
 - 4) Degenerative disc disease
- 5) Which of the following is a sign of a fracture?
 - 1) Pain
 - 2) Swelling
 - 3) Bruising
 - 4) All of the above
- 6) What treatment should you NOT use immediately after an injury, such as an ankle sprain?
 - 1) Rest
 - 2) Ice
 - 3) Compression
 - 4) Heat
- 7) Which of these is a common injury of the back?
 - 1) Slipped disc
 - 2) Dislocation
 - 3) Tennis elbow
 - 4) Cruciate ligament
- 8) Which of these is NOT a common injury of the shoulder?
 - 1) Frozen shoulder
 - 2) Dislocation
 - 3) Rotator cuff injury
 - 4) Runners knee
- 9) Which of the following is a common injury of the hand and wrist?
 - 1) Osgood schlatters
 - 2) Sprained thumb
 - 3) Slipped disc
 - 4) Hernia





- 10) Which of these is NOT a common knee injury?
- 1) - Cruciate ligament
 - 2) - Runners knee
 - 3) Hernia
 - 4) - Torn cartilage
- 11) Injuries to the lower leg can include?
- 1) - Shin splints
 - 2) - Calf strain
 - 3) - Broken leg
 - 4) All of the above
- 12) If you wake up in the morning and your neck hurts, what are you likely to have?
- 1) Stiff neck
 - 2) - Dislocated neck
 - 3) - Broken neck
 - 4) - None of the above
- 13) Injuries to muscles are known as tears or _____?
- 1) - Sprains
 - 2) Strains
 - 3) - Breaks
 - 4) - Cracks
- 14) Which of the following may help prevent injuries?
- 1) - Warm-up
 - 2) - Supports
 - 3) - Stretches
 - 4) All of the above
- 15) What should you do after exercise to prevent injury and soreness?
- 1) - Go to the pub
 - 2) - Take a protein shake
 - 3) Do a cool-down
 - 4) - All of the above
- 16) Which of the following is a lower body stretch?
- 1) Calf
 - 2) - Abdominal
 - 3) - Tricep
 - 4) - Trapezius
- 17) Which of the following is NOT an upper body stretch?
- 1) - Shoulder
 - 2) Gluteal
 - 3) - Tricep
 - 4) - Back
- 18) Which of these is a common football injury?
- 1) Hamstring strain
 - 2) - Dislocated shoulder
 - 3) - Slipped disc
 - 4) - Rotator cuff injury
- 19) Which of these is NOT a common rugby injury?
- 1) - Hamstring strain
 - 2) - Ankle sprain
 - 3) Tennis elbow





- 4) - Head injury
- 20) Which of these is a common running injury?
- 1) - Runners knee
- 2) - Shin splints
- 3) - Blisters
- 4) All of the above
- 21) What injury is common in racket sports?
- 1) - Hernia
- 2) Tennis elbow
- 3) - Head injury
- 4) - Broken toe
- 22) In golf, which of the following injuries is NOT common?
- 1) - Back pain
- 2) - Golfers elbow
- 3) - Shoulder pain
- 4) Shin splints
- 23) What is a common skiing/snowboarding injury?
- 1) Knee ligament injuries
- 2) - Tennis elbow
- 3) - Frozen shoulder
- 4) - Carpal tunnel syndrome
- 24) Patients with which type of condition may be treated by physiotherapists?
- 1) - Sports injuries
- 2) - Back pain
- 3) - Arthritis
- 4) All of the above
- 25) What is the name of the group of muscles at the FRONT of your thigh?
- 1) Quadriceps
- 2) - Hamstrings
- 3) - Calves
- 4) - Pectorals
- 26) What is the name of the group of muscles at the BACK of your thigh?
- 1) - Quadriceps
- 2) Hamstrings
- 3) - Calves
- 4) - Pectorals
- 27) The term orthopaedic is derived from Greek words, which means?
- 1) Art of preventing and correcting deformities in children
- 2) - Art of managing fracture and dislocation
- 3) - Dealing with diseases and injuries of the trunk and limbs
- 4) - Dealing with diseases and injuries of bones, joints, muscles and ligaments
- 28) With fractures of the shaft of long bones, rotation is controlled by?
- 1) - Immobilizing the joint close to the fracture site in slight flexion
- 2) - Immobilizing the joint close to the fracture site in neutral position
- 3) Immobilizing the joints above and below it
- 4) - Surgery
- 29) Burst fracture is seen in?
- 1) - Talus fracture
- 2) Vertebral fracture





- 3) - Femoral head fracture
4) - Scaphoid
- 30) What is the first step in the treatment of a fracture
- 1) Splinting
2) - Immobilization
3) - Reduction
4) - Surgery
- 31) What is the goal of reduction in the treatment of a fracture?
- 1) To align the bones properly
2) - To align the bones properly To prevent infection
3) - To promote healing
4) - To relieve pain
- 32) What is the most common type of arthritis in the hands?
- 1) Osteoarthritis
2) - Rheumatoid arthritis
3) - Gout
4) - Pseudogout
- 33) What is the most common cause of tennis elbow?
- 1) Overuse
2) - Trauma
3) - Infection
4) - Tumor
- 34) What is the most common type of sports injury?
- 1) - Muscle strain
2) Ligament sprain
3) - Fracture
4) - Contusion
- 35) What is the most common type of treatment for a herniated disc?
- 1) - Rest
2) Physical therapy
3) - Surgery
4) - Medication

