

Rehab Quiz

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1. An 82-year-old woman on the rehabilitation unit recovering from hip surgery has sudden onset of aphasia and right hemiparesis. What is the first diagnostic test to obtain?
 - a. Arterial blood gases
 - b. Electroencephalogram
 - c. Computed tomography scan
 - d. Magnetic resonance arteriogram
2. One week after a patient began a resistance/strengthening program, you note a 15% increase in the force of his/her maximum voluntary contraction. This is most likely secondary to a change in the
 - a. Motor unit recruitment pattern
 - b. Number of myofibrils
 - c. Number of muscle fibers present
 - d. Fiber density
3. Which exercise has the greatest effect on bone formation?
 - a. Weightlifting
 - b. Cycling
 - c. Swimming
 - d. Tai Chi stretching
4. In addition to magnetic resonance imaging (MRI), which test may help establish the diagnosis of multiple sclerosis (MS)?
 - a. Electromyography
 - b. Myelogram
 - c. Sedimentation rate
 - d. Cerebrospinal fluid analysis
5. What is the most common cause of knee pain in runners?
 - a. Diskoid meniscus
 - b. Hamstring tendinitis
 - c. Baker cyst
 - d. Patellofemoral pain syndrome
6. A 28-year-old patient with T2 paraplegia complains of symptoms of autonomic dysreflexia during her bowel routine. Which treatment is the best next step?
 - a. CO₂ suppositories
 - b. Topical anesthetic application
 - c. Digital stimulation with glycerine
 - d. Bisacodyl enemas
7. An expected motor conduction abnormality in severe radiculopathy is
 - a. Prolonged distal latency
 - b. Decreased amplitude
 - c. Slowed velocity
 - d. Abnormal temporal dispersion
8. The long-term consequences of high bladder outlet resistance in children with myelomeningocele include
 - a. Flaccid detrusor
 - b. Retrograde ejaculation
 - c. Ureteral dilatation
 - d. Increased bladder compliance
9. Which wheelchair feature is useful for a person with hemiplegia?
 - a. Asymmetric arm rests to prevent anterior glenohumeral subluxation
 - b. Donut cushion to prevent pressure ulcers
 - c. Low seat height to facilitate steering
 - d. Heavy frame to prevent tipping
10. A patient complains of knee pain after falling on her flexed knee. Physical examination shows a positive "sag sign." Which ligament is injured?
 - a. Medial collateral
 - b. Lateral collateral
 - c. Anterior cruciate
 - d. Posterior cruciate

Answer (October to December 2020)

1. c, 2. a, 3. a, 4. d, 5. d, 6. b, 7. b, 8. c, 9. c, 10. d