

## Postgraduate Forum

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### BOOK AND ARTICLE NEWS

#### *Book News*

1. Braddom's Rehabilitation Care: A Clinical Handbook by David X. Cifu, Henry L. Lew , Elsevier, August 2017
2. Atlas of Image-Guided Spinal Procedures, by Michael Bruce Furman et al , Elsevier; 2 edition, October 2017
3. Essentials of Pain Medicine E-Book 4th Edition, by HonorioBenzon, Elsevier; 4 edition, October 2017
4. Essentials of Physical Medicine and Rehabilitation E-Book: Musculoskeletal Disorders, Pain, and Rehabilitation 4th Edition, by Walter R. Frontera File Size: 160239 KB, Elsevier; 4 edition, September 2018
5. Stroke Rehabilitation by Richard Wilson, Elsevier; 1 edition, September 2018

#### *Article News*

1. Muscle Over-Activity in Upper Motor Neuron Syndrome: Assessment and Problem Solving for Complex Cases by Miriam Segal, Physical Medicine and Rehabilitation Clinics of North America, August 2018Volume 29, Issue 3, p427-644
2. Controversies of the Anterolateral Complex of the Knee, Edited by Freddie H. Fu, Marcin Kowalczyk, Clinics in Sports Medicine January 2018Volume 37, Issue 1, p1-160
3. Cardiovascular Responses During Resistance Exercise in Patients With Parkinson Disease by Roberto S. Miyasato et al, PM&R May 2018. Volume 10, Issue 11, p1145-1152.
4. Virtual reality to augment robot-assisted gait training in non-ambulatory patients with a subacute stroke: a pilot randomized controlled trial by Jeannine BERGMANN et al , European Journal of Physical and Rehabilitation Medicine 2018 June;54(3):397-407.
5. Hip Symptoms, Physical Performance, and Health Status in Older Adults With Chronic Low Back Pain: A Preliminary Investigation by Gregory E. Hicks, J. Megan Sions, Teonette O. Velasco, Archives of Physical Medicine and Rehabilitation July 2018; 99(7), p1273-1278.

**REHAB QUIZ**

1. What is the most common infective cause of diskitis?
  - a. Pseudomonas
  - b. Mycobacterium
  - c. Streptococcus
  - d. Staphylococcus
2. A 70-year-old woman presents with symmetrical stiffness, tenderness, and pain over both shoulders and proximal thighs. The symptoms have persisted for the past 10 weeks. The sedimentation rate is 110. The best therapeutic approach is to prescribe
  - a. Steroids
  - b. Colchicine
  - c. Methotrexate
  - d. Nonsteroidal anti-inflammatory drugs
3. A 43-year-old runner presents with right-sided hip pain. On examination, you note tenderness to palpation over the greater trochanter on the affected side. No focal neurologic deficits are noted and no other areas of tenderness are elicited. A key part of your treatment plan should include strengthening of the hip
  - a. Internal rotators
  - b. Extensors
  - c. Abductors
  - d. Adductors
4. When treating a patient with a traumatic brain injury (TBI) for detrusor hyperreflexia using anticholinergic agents, what is a possible adverse effect?
  - a. Bradycardia
  - b. Diarrhea
  - c. Worsening of delirium
  - d. Pupillary constriction with blurred vision
5. When viewing magnetic resonance imaging (MRI) of the cervical spine, which tissue type is dark on a T1-weighted image and bright on a T2-weighted image?
  - a. Interspinous ligaments
  - b. Facet joints
  - c. Spinal cord
  - d. Nucleus pulposus
6. When providing patient education to a 23-year-old woman with a complete T4 spinal cord injury (SCI), you should tell her that she will be unable to experience
  - a. Psychogenic vaginal lubrication
  - b. Orgasm
  - c. Sexual arousal
  - d. Pregnancy
7. What is the preferred treatment for a patient with acute complex regional pain syndrome (CRPS) type I with edema?
  - a. Topical dimethyl sulfoxide
  - b. Baclofen
  - c. Prednisone
  - d. Ibuprofen
8. After sustaining a stroke, a patient presents with restricted shoulder abduction. A diagnostic block of which nerve will be most helpful in distinguishing muscle overactivity from fixed contracture?
  - a. Spinal accessory
  - b. Musculocutaneous
  - c. Thoracodorsal
  - d. Dorsal scapular
9. Vena cava filter placement should be considered for spinal cord injury patients with which of the following?
  - a. High cervical cord injury with poor cardiopulmonary reserve
  - b. As a substitute for prophylaxis in a complete injury
  - c. Older than 70 years
  - d. All of the above.
10. What does the TheraBite do?
  - a. Acts as a temporary, unfitted set of dentures.
  - b. Prevents microstomia in patients with facial burns
  - c. Allows the clinician to pry the patients's mouth open for feeding
  - d. Assists burn patients in chewing

**Answers of April to June 2018**

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

## REHAB CHALLENGE

A 56-year-old right handed school teacher from middle socioeconomic status with known history of hypertension for last 10 years was diagnosed as post polio residual paralysis in his left lower limb from his childhood, presented to the PMR OPD due to gradual onset slowly progressing pain and weakness in left knee for last 6 months associated with instability for last 3 weeks without any history of trauma, fever, weight loss, and diurnal variation.

On examination there was genu recurvatum (Fig. 1) on the left knee and wasting of bilateral thigh and leg muscles (Fig. 2). Weakness and wasting was more prominent in the left side. The muscle power of bilateral hip extensor and abduction were 1/5 but Knee Extensors and Flexors were 3/5. Distal muscle power was 4/5. Thereafter, he was treated as post polio residual paralysis with genu recurvatum deformity. He is using axillary crutches for ambulation and mobility.

Please opine regarding his orthotic support and gait aids.



Fig. 1: Genu Recurvatum (L), Lateral view



Fig. 1: Genu Recurvatum (L) with wasting of thigh, Anterior view