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**The Supply Center**  
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**QUIZ: Orthopedic Knee Examination**

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*All questions must be answered in order to receive credit.*

## Questions: Orthopedic: Knee Examination

1. Which of the following structures has an elastic property like a rubber band which helps with mobility and stability of the body and is able to return to its original form more readily than other structures?
  - A. Ligaments
  - B. Muscles
  - C. Tendons
  - D. Cartilage
  - E. Bones
  - F. Bursae
  
2. Which of the following structures are relatively solid connective tissue that provide an articulating surface between bones?
  - A. Ligaments
  - B. Muscles
  - C. Tendons
  - D. Cartilage
  - E. Bones
  - F. Bursae
  
3. Which of the following structures is a pocket of synovial membrane that is between adjacent tendons and muscles which provides lubrication to the joints muscle tendon region for smooth functioning?
  - A. Ligaments
  - B. Muscles
  - C. Tendons
  - D. Cartilage
  - E. Bones
  - F. Bursae
  
4. Which of the following structures receives its nourishment from blood supplies, has the characteristics of being both rigid and elastic, but also made of fibrous connective tissue that is a solid matrix containing the minerals of calcium and phosphorus?
  - A. Ligaments
  - B. Muscles
  - C. Tendons
  - D. Cartilage
  - E. Bones
  - F. Bursae

5. Which of the following structures provide a fibrous connection between muscles and bones?
- A. Ligaments
  - B. Muscles
  - C. Tendons
  - D. Cartilage
  - E. Bones
  - F. Bursae
6. Which of the following structures is a fibrous connective tissue that is used to connect bone to bone, but does not have much elasticity, and behaves much like plastic (when it is stretched past a point it will not return to its original form but remain stretched)?
- A. Ligaments
  - B. Muscles
  - C. Tendons
  - D. Cartilage
  - E. Bones
  - F. Bursae
7. Based on the classification of joints by **Function**, the knee joint is what type of joint?
- A. Cartilaginous
  - B. Fibrous
  - C. Amphiarthrodial
  - D. Synarthrodial
  - E. Diarthrodial
  - F. Synovial
8. Based on the classification of joints by **Structure**, the knee joint is what type of joint?
- A. Cartilaginous
  - B. Fibrous
  - C. Amphiarthrodial
  - D. Synarthrodial
  - E. Diarthrodial
  - F. Synovial

9. The medial collateral ligament is attached to the medial meniscus and which muscle?
- A. Semitendinosus muscle
  - B. Semimembranosus muscle
  - C. Biceps Femoris muscle
  - D. Tensor Fasciae Latae muscle
  - E. Sartorius muscle
10. The bursa located above the patella is called?
- A. Supra Patellar Bursa
  - B. Infra Patellar Bursa
  - C. Posterior Patellar Bursa
  - D. Popliteal Bursa
  - E. Gastrocnemius Bursa
11. When a patient has a swollen knee, in what position is the synovial fluid in the knee at the least amount of tension and thus most comfortable for the patient?
- A. Fully flexed
  - B. Fully extended
  - C. Semiflexed
  - D. Internally rotated
  - E. Externally rotated
12. Which bursa may become inflamed due to excess kneeling?
- A. Subcutaneous infra patellar bursa
  - B. Deep infra patellar bursa
  - C. Prepatellar bursa
  - D. Supra Patellar Bursa
  - E. Popliteal Bursa
  - F. A and C only
13. Which of the following muscles is NOT a knee flexor?
- A. Rectus Femoris
  - B. Semitendinosus
  - C. Semimembranosus
  - D. Biceps Femoris

14. Which of the following muscles is a knee extensor?
- A. Rectus Femoris
  - B. Semitendinosus
  - C. Semimembranosus
  - D. Biceps Femoris
15. Which of the following muscles does not insert, via the patellar ligament, into the patella?
- A. Rectus Femoris
  - B. Vastus Lateralis
  - C. Vastus Medialis
  - D. Vastus Intermedius
  - E. Satorius
16. Which orthopedic test evaluates the integrity of the meniscus?
- A. Abduction Stress Test
  - B. Adduction Stress Test
  - C. Thigh Circumference Test
  - D. McMurray Sign
  - E. Drawer Test
17. Which orthopedic test evaluates the integrity of both the ligaments and meniscus?
- A. Abduction Stress Test
  - B. Adduction Stress Test
  - C. Thigh Circumference Test
  - D. McMurray Sign
  - E. Drawer Test
  - F. Apley's Compression Test
18. Which orthopedic test evaluates the integrity of the anterior and posterior cruciate ligament?
- A. Abduction Stress Test
  - B. Adduction Stress Test
  - C. Thigh Circumference Test
  - D. McMurray Sign
  - E. Drawer Test
  - F. Apley's Compression Test

19. Which orthopedic test evaluates the integrity of the medial collateral ligament?
- A. Abduction Stress Test
  - B. Adduction Stress Test
  - C. Thigh Circumference Test
  - D. McMurray Sign
  - E. Drawer Test
  - F. Apley's Compression Test
20. Which orthopedic test evaluates the integrity of the lateral collateral ligament?
- A. Abduction Stress Test
  - B. Adduction Stress Test
  - C. Thigh Circumference Test
  - D. McMurray Sign
  - E. Drawer Test
  - F. Apley's Compression Test
21. Which orthopedic test evaluates the loss of muscle tone or atrophy?
- A. Abduction Stress Test
  - B. Adduction Stress Test
  - C. Thigh Circumference Test
  - D. McMurray Sign
  - E. Drawer Test
  - F. Apley's Compression Test
22. Which orthopedic test is performed with the patient face down?
- A. Abduction Stress Test
  - B. Adduction Stress Test
  - C. Thigh Circumference Test
  - D. McMurray Sign
  - E. Drawer Test
  - F. Apley's Compression Test

23. Which of the following orthopedic tests may be positive if there is a tear in the meniscus?

- I. Abduction Stress Test
- II. Adduction Stress Test
- III. Thigh Circumference Test
- IV. McMurray Sign
- V. Drawer Test
- VI. Apley's Compression Test

- A. I and II
- B. IV and VI
- C. I, II and IV
- D. V only
- E. VI only
- F. IV only

24. A patient comes into your office complaining of being tackled on the football field from the side. The impact was at the knee with the force exerted from lateral to medial. Which orthopedic test would most likely be positive?

- I. Abduction Stress Test
- II. Adduction Stress Test
- III. Thigh Circumference Test
- IV. McMurray Sign
- V. Drawer Test
- VI. Apley's Compression Test

- A. I, II and IV
- B. V and VI
- C. IV only
- D. II, IV and VI
- E. VI only
- F. I, II, III, IV and VI

25. A patient comes into your office complaining of being tackled on the football field from the side. The impact was at the knee with the force exerted from lateral to medial. Which knee structure is most likely damaged?

- A. Medial meniscus
- B. Lateral meniscus
- C. Anterior cruciate ligament
- D. Posterior cruciate ligament
- E. Medial collateral ligament
- F. Lateral collateral ligament

- A. I and V only
- B. V and VI
- C. IV only
- D. II, IV and VI
- E. VI only
- F. I, II, III, IV and VI