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QUIZ: Orthopedic Shoulder Examination

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All questions must be answered in order to receive credit.

Questions: Orthopedic: Upper Extremity -- Shoulder

1. Which of the following is NOT part of the shoulder complex?
 - A. Ribs
 - B. Scapula
 - C. Clavicle
 - D. Humerus

2. Which is NOT a joint in the shoulder complex?
 - A. Sterno clavicular joint
 - B. Acromioclavicular joint
 - C. Glenohumeral joint
 - D. Scapulothoracic joint
 - E. Humeralcrickoid joint

3. True or False: The primary function of the acromioclavicular joint is to maintain the relationship between the clavicle and the scapula in the early stages of elevation of the upper limb and to allow the scapula to give additional range of rotation to the thorax in the lateral stages of elevation.
 - A. True
 - B. False

4. True or False: The sternoclavicular joint has a joint disc and is the only attachment of the upper extremity to the trunk.
 - A. True
 - B. False

5. True or False: The scapulothoracic joint is a true anatomical joint.
 - A. True
 - B. False

6. Which of the following is NOT a motion of the scapula?
 - A. Adduction
 - B. Flexion
 - C. Adduction
 - D. Elevation
 - E. Depression
 - F. Downward rotation

7. True or False: The primary force holding the scapula to the thorax is atmospheric pressure as well as the muscles attached to both the thorax and scapula.
- A. True
 - B. False
8. What type of joint is the glenohumeral joint?
- A. Synovial joint
 - B. Diarthrodial joint
 - C. Amphthiarthrodial joint
 - D. Synarthrodial joint
9. True or False: The glenohumeral joint is composed of the large head of the humerus and the small glenoid fossa.
- A. True
 - B. False
10. True or False: The glenoid labrum assists in providing an enhanced surface of the glenoid fossa and is thought to be a synovium-lined fibrocartilage.
- A. True
 - B. False
11. True or False: The subacromial and subdeltoid bursae separate the supraspinatus tendon and the head of the humerus from the acromion, coracocromial ligament and deltoid muscle.
- A. True
 - B. False
12. True or False: The head of the humerus slides upward while abduction rolls the head inferior.
- A. True
 - B. False
13. True or False: The deltoid and supraspinatus muscles are the primary movers of the Glenohumeral joint in abduction.
- A. True
 - B. False

14. True or False: The purpose of the rotator cuff muscles is to hold the humerus into the glenoid fossa.
- A. True
 - B. False
15. Which of the following is NOT a rotator cuff muscle?
- A. Teres Minor
 - B. Teres Major
 - C. Supraspinatus
 - D. Infraspinatus
 - E. Subscapularis
16. When the shoulder is moved into 180 degrees of abduction, the scapula contributes what amount of degrees to this motion?
- A. 120 degrees
 - B. 70 degrees
 - C. 180 degrees
 - D. 60 degrees
 - E. 50 degrees
17. True or False: In the first 30 degrees of flexion or 60 degrees of abduction, the scapula is in the setting phase (not moving).
- A. True
 - B. False
18. True or False: The glenohumeral joint contributes two degrees of motion to shoulder abduction compared to the one degree by the scapula.
- A. True
 - B. False
19. True or False: The difference in muscle action between the teres major and teres minor is the teres major action is medial (internal) rotation where as the teres minor action is lateral (external) rotation.
- A. True
 - B. False

20. The shoulder has how many ranges of motion?
- A. 2
 - B. 3
 - C. 4
 - D. 5
 - E. 6
21. Which of the following orthopedic tests evaluates the presence of thoracic outlet syndrome?
- A. Codman's Sign
 - B. Impingement Sign
 - C. Apley's Sign
 - D. Dugas' Test
 - E. Adson's Test
22. When performing Wright's Test, which muscle compromises which artery?
- A. Pectoralis major muscle and the axillary artery.
 - B. Anterior and middle scalene muscle with the axillary artery.
 - C. Pectoralis minor muscle and the axillary artery.
 - D. Anterior and middle scalene muscle with the subclavian artery.
 - E. Pectoralis minor muscle and the subclavian artery.
23. When performing Adson's Test, which muscle compromises which artery?
- A. Pectoralis major muscle and the axillary artery.
 - B. Anterior and middle scalene muscle with the axillary artery.
 - C. Pectoralis minor muscle and the axillary artery.
 - D. Anterior and middle scalene muscle with the subclavian artery.
 - E. Pectoralis minor muscle and the subclavian artery.
24. Codman's Sign tests for a tear or rupture of which muscle?
- A. Deltoid muscle
 - B. Pectoralis major and minor muscle
 - C. Supraspinatus muscle
 - D. Teres major muscle
 - E. Infraspinatus muscle

25. Yergason's Test evaluates the shoulder for which of the following?

- A. Tenosynovitis
- B. Rotator cuff tear
- C. Thoracic outlet
- D. Sprain/Strain
- E. Bursitis