SAE-P Workbook:
Musculoskeletal Medicine

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Identifying Knowledge Gaps

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This workbook contains the questions from the 2013 Self-Assessment Examination for Practitioners (SAE-P): Musculoskeletal Medicine. Answer these questions to identify your knowledge gaps and learn which areas need more attention on this clinical topic. To help you answer the questions, you can use the references that are provided for each question at the end of the workbook, or you can refer to PM&R Knowledge NOW® (www.pmrknowledgenow.org), the Academy’s online resource of 200+ clinical topics in the specialty of PM&R. Questions for this SAE-P are based on content from the site. Correct answers and comprehensive commentary for each question are available at the end of the online activity.

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2013 SAE-P: Musculoskeletal Medicine
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1. Which spinal orthosis is most reasonable to effectively immobilize the L4-S1 levels?
   A. Thermoplastic TLSO
   B. Jewett brace
   C. Lumbar corset
   D. LSO + thigh extension

2. What spinal canal diameter defines the limit of absolute cervical spinal canal stenosis?
   A. 14mm
   B. 12mm
   C. 10mm
   D. 8mm

3. What is most often the first symptom of cervical spondylotic myelopathy?
   A. Numbness
   B. Weakness
   C. Pain
   D. Imbalance

4. Delayed recovery following cervical whiplash injury is associated with:
   A. Male gender
   B. Obesity
   C. Smoking
   D. Older age

5. In the natural history of the shoulder impingement syndrome (SIS) which of the following is NOT seen?
   A. Tears of the rotator cuff
   B. Teres minor tendinosis
   C. Subacromial bursitis
   D. Supraspinatus tendinosis

6. When assessing shoulder pain in the throwing athlete, the most sensitive and specific imaging study is:
   A. Computed tomography with arthrogram.
   B. Magnetic Resonance Imaging without contrast.
   C. Magnetic Resonance Imaging with arthrogram.
   D. Ultrasound of the shoulder girdle.

7. In a 10 year old Little League pitcher who has acute onset of elbow pain the day before presentation and is found to have a significantly displaced avulsion fracture on imaging studies, which of the following is the next step in treatment?
   A. Immediate referral to a surgeon for intervention.
   B. Immobilization with a long arm posterior splint.
   C. Rest, ice, compression, and anti-inflammatories.
   D. Analgesics and aggressive range of motion therapy.

8. Which of the following is a poor prognostic factor for conservative treatment of a lateral epicondylitis?
   A. Non-dominant arm involvement
   B. Low pain perception
   C. Frequent computer usage
   D. Poor coping mechanisms
9. Which of the following electrodiagnostic findings is most specific for ulnar neuropathy at the elbow (cubital tunnel syndrome)?
   A. Fibrillation potentials and positive waves in the flexor carpi ulnaris
   B. Normal conduction velocity of the dorsal ulnar cutaneous nerve
   C. A > 30% reduction in conduction velocity across the elbow
   D. Abnormal spontaneous activity in the first dorsal interosseus muscle

10. The histopathologic changes seen in de Quervain tenosynovitis are described as which of the following?
    A. Fibroblastic proliferation and increased collagen deposition
    B. Inflammatory response with increased leukocyte infiltration
    C. Disorientation of the collagen fibrils with mucoid changes
    D. Frank fluid in the tendon sheath with perivascular infiltration

11. In the natural history of Carpal Tunnel Syndrome, early progression of disease may:
    A. Occur without the patient noticing worsening of symptoms.
    B. Make it more difficult to treat with surgical intervention.
    C. Be inevitable in all patients despite conservative treatment.
    D. Show a fixed sensory loss on electrodiagnostic studies.

12. In comparing Pronator syndrome (PS) to Anterior Interosseous syndrome (AINS), the physician may find:
    A. AINS has a higher rate of motor findings than PS.
    B. PS does not require surgical decompression.
    C. AINS has a higher incidence of paresthesias.
    D. PS will have a positive Tinel’s sign at the wrist.

13. Individuals suffering from chronic plantar fasciitis have shown sustained improvement in ambulation after which of the following treatments:
    A. Corticosteroid injection
    B. Extracorporeal shockwave lithotripsy
    C. Lidocaine peripheral nerve block
    D. Nonsteroidal anti-inflammatory medications

14. Treatments for acute patellofemoral syndrome include:
    A. Barefoot running
    B. Botulinum injection
    C. Patellar taping
    D. Viscosupplementation

15. Common presentations of discomfort associated with iliotibial band syndrome include:
    A. Ankle pain with external rotation
    B. Calf pain with ambulation
    C. Lateral knee pain with running
    D. Low back pain with forward bending

16. A grade 2 lateral ankle sprain is described as:
    A. Complete disruption of the ligament with gross instability and laxity
    B. Full competence of the ligament with gross instability
    C. Incomplete tear of the ligament with mild laxity and instability
    D. Mild tearing of fibers with no laxity or residual instability

17. Hinged knee braces worn by American football players have been found to reduce injury to which of the following ligaments:
    A. Anterior cruciate ligament
    B. Lateral collateral ligament
    C. Medial collateral ligament
    D. Posterior cruciate ligament
18. Risk factors for the development of hamstring tears include:
   A. Increased flexibility
   B. Muscle rest
   C. Posterior pelvic tilt
   D. Prior injury

19. Which is a risk factor for exercise associated collapse?
   A. High body mass index
   B. High altitude training
   C. Low serum sodium
   D. Low air temperature

20. What system failure most commonly accompanies exercise associated collapse?
   A. Respiratory
   B. Cardiovascular
   C. Metabolic
   D. Autonomic

21. During which stage of pregnancy are women at highest risk of transient osteoporosis?
   A. First trimester
   B. Second trimester
   C. Third trimester
   D. Postpartum

22. Which is NOT a contraindication to exercise during pregnancy?
   A. Premature rupture of membranes
   B. Intrauterine growth retardation
   C. Pregnancy induced hypertension
   D. Increased circulating blood volume

23. What histopathologic findings are absent in the evaluation of plantar fasciosis?
   A. Inflammatory cells
   B. Ground substance
   C. Degenerated collagen
   D. Disorganized fibers

24. What environmental factor is most likely to trigger exercise-induced asthma/bronchoconstriction?
   A. High humidity
   B. Lower temperature
   C. Low pollen count
   D. Ocean swim

25. Which symptom of concussion may portend a prolonged recovery period?
   A. Headache severity
   B. Nausea/vomiting
   C. Profound lethargy
   D. Length of amnesia

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