

2009 Advances in Hand Therapy Attendee Pre/Post Test **Results**

	PRE-TEST			POST-TEST	
I am a:					
Answer Options	Response	Response Count		Response	Response Count
ASSH Member	1.5%	2		3.0%	2
ASHT Member	75.8%	100		76.1%	51
Non-Member Physician	0.0%	0		0.0%	0
Non-Member Therapist	12.9%	17		17.9%	12
Non-Member Allied Health Professional	9.8%	13		3.0%	2
Other (please specify)		5			3

The best evidence available indicates that rotator cuff tears progress over time if not repaired. Of the statements below, select the choice that is MOST accurate:

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count
Most partial rotator cuff tears are in a subacromial location	8.3%	11		7.5%	5
Rotator cuff tears increase with age and are all symptomatic	0.0%	0		1.5%	1
The etiology of rotator cuff tears is multifactorial and includes: degenerative causes, subacromial impingement, internal impingement, and vascular possible causes	89.4%	118		89.6%	60
Rotator cuff repairs that are massive and repaired accurately have a low incidence (<20%) of recurrence	1.5%	2		0.0%	0
The enthesis, transition from rotator cuff tendon to bone insertion, is recreated when the rotator cuff is repaired.	0.8%	1		1.5%	1

KNOWLEDGE INCREASED

All of the following are factors that increase friction of the gliding surfaces in zone II after a tendon repair EXCEPT:

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count
A proximal phalanx fracture	8.4%	11		4.5%	3
A severely damaged tendon sheath	0.8%	1		0.0%	0
Suture configuration	4.6%	6		3.0%	2
A stiff PIP joint	27.5%	36		14.9%	10

All of the above	58.8%	77		77.6%	52	KNOWLEDGE INCREASED
-------------------------	--------------	-----------	--	--------------	-----------	----------------------------

When assessing metacarpal and phalangeal fractures, all of the following statements are true EXCEPT:

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	
The more proximal in the bone the deformity, the greater the functional impact	15.9%	21		16.7%	11	
An acceptable reduction is based primarily on clinical rather than	47.7%	63		16.7%	11	
Coronal plane deformity effects function more than sagittal plane	11.4%	15		22.7%	15	
Malrotation of a fractured digit is effectively assessed by nail position (relative to the adjacent digits) and pointing of the digit toward the lunate as it is brought into flexion	13.6%	18		27.3%	18	INCREASE; question / topic needs additional time and study
Sagittal plane deformity associated with distal metacarpal fractures is	11.4%	15		16.7%	11	

The primary function of the rotator cuff is to:

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	
Lift the arm away from the body	7.6%	10		0.0%	0	
Prevent dislocation of the humeral head	22.1%	29		19.4%	13	
Provide dynamic compression of the humeral head	61.8%	81		80.6%	54	KNOWLEDGE INCREASED
Provide acceleration forces during the throwing motion	2.3%	3		0.0%	0	
None of the above	6.1%	8		0.0%	0	

What is the primary indication for a reverse shoulder prosthesis?

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	
Severe degenerative arthritis with an intact rotator cuff in a patient younger than 60 years.	31.8%	42		22.4%	15	
Massive rotator cuff tear in a patient less than 60 years	12.9%	17		7.5%	5	

Severe glenoid erosion in a rheumatoid patient	18.9%	25		22.4%	15	INCREASE; question / topic needs additional time and study
	23.5%	31		32.8%	22	
Rotator cuff arthropathy in a patient older than 65 years						
None of the above	12.9%	17		14.9%	10	
The most effective physical exam for a labral tear is the:						
Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	INCREASE; question / topic needs additional time and study
Load and shift	26.9%	35		28.4%	19	
	38.5%	50		46.3%	31	
O'Brien's Test						
Speed's Test	12.3%	16		7.5%	5	
Relocation Test	5.4%	7		3.0%	2	
None of the above	16.9%	22		14.9%	10	
Which of the following is most true in regards to the number of suture strands in flexor						
Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	KNOWLEDGE INCREASED
Two strands is enough to begin early active motion	9.2%	12		1.5%	1	
Four strands is enough to begin forceful grip in the first post-operative week	2.3%	3		10.4%	7	
Six strands interferes with gliding	28.2%	37		13.4%	9	
Eight strands does not lead to bulk issues at the repair site	7.6%	10		0.0%	0	
No multiple core suture technique has been shown to be superior to all others	52.7%	69		74.6%	50	
All of the following are signs on physical examination of a TFCC injury EXCEPT:						

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count
Positive piano key sign	27.5%	36		17.9%	12
Positive push off test	22.9%	30		20.9%	14
Pain over the tip of the ulnar styloid	16.0%	21		9.0%	6
Pain over the sixth dorsal compartment	27.5%	36		41.8%	28
Pain with stressing the DRUJ in supination and pronation	6.1%	8		10.4%	7
Which of the following is NOT found on an X-Ray examination of a wrist with DISI instability pattern?					
Answer Options	Response Frequency	Response Count		Response Frequency	Response Count
Scaphoid flexion	13.0%	17		10.4%	7
Lunate flexion	40.5%	53		50.7%	34
Scapho-lunate gap	8.4%	11		0.0%	0
Ring sign	21.4%	28		32.8%	22
Terry Thomas sign	16.8%	22		6.0%	4
The extensor mechanism abnormalities seen in a digital Boutonniere deformity can be described as:					
Answer Options	Response Frequency	Response Count		Response Frequency	Response Count
Contracted triangular and transverse retinacular ligaments, attenuated oblique retinacular ligament.	9.4%	12		12.1%	8

INCREASE;
question /
topic needs
additional
time and
study

INCREASE;
question /
topic needs
additional
time and
study

Contracted triangular ligament, attenuated transverse retinacular and oblique retinacular ligaments	8.6%	11		6.1%	4	INCREASE; question / topic needs additional time and study
Contracted transverse retinacular ligament, attenuated triangular and oblique retinacular ligaments	13.3%	17		19.7%	13	
Contracted transverse retinacular and oblique retinacular ligaments, attenuated triangular ligament.	31.3%	40		45.5%	30	
Contracted oblique retinacular ligament, attenuated triangular and transverse retinacular ligaments.	37.5%	48		16.7%	11	

Which of the following decision makers affect the results of the daily clinic outcome data?

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	KNOWLEDGE INCREASED
The patient	9.2%	12		1.5%	1	
The clinician	2.3%	3		9.0%	6	
The third-party payer	0.8%	1		1.5%	1	
The referring physician	0.0%	0		0.0%	0	
All the above	87.7%	114		88.1%	59	

According to Larry Bossidy, what is the most flawed process in American business?

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	INCREASE
Interviews	33.1%	43		89.6%	60	
Accounting	21.5%	28		0.0%	0	
Hiring	14.6%	19		7.5%	5	
Firing	6.2%	8		0.0%	0	
Promoting	24.6%	32		3.0%	2	

In order to "unload" the soft tissues following TFCC repair, the orthotic that should be fabricated on the first therapy visit is:

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	
Static EWHO with elbow flexed to 90', forearm in neutral to supinated position	66.7%	88		89.4%	59	KNOWLEDGE INCREASED
Static WHO with wrist in neutral to 20' extension	28.0%	37		4.5%	3	
Dynamic EWHO with elbow flexed to 90', gentle forearm force toward supination	3.0%	4		6.1%	4	
Dynamic WHO allowing active wrist flexion/extension	1.5%	2		0.0%	0	
Soft wrist cuff	0.8%	1		0.0%	0	
Which injury is least likely to involve the medial ligament complex?						
Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	
Elbow dislocation	9.2%	12		4.5%	3	INCREASE; question / topic needs additional time and study
Monteggia fracture	10.0%	13		9.0%	6	
Coronoid fracture	7.7%	10		10.4%	7	
Radial head fracture	53.8%	70		67.2%	45	
None of the above	19.2%	25		9.0%	6	
Which of the following contribute to an extrinsic elbow contracture?						
Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	
Heterotrophic ossification	13.1%	17		10.6%	7	
Myositis ossificans	20.0%	26		7.6%	5	
Anterior joint capsule	7.7%	10		7.6%	5	
Medial/lateral complex	9.2%	12		7.6%	5	

	50.0%	65		66.7%	44	INCREASE; question / topic needs additional time and study
--	-------	----	--	-------	----	---

All of the above

The most common muscle weakness combinations associated with anterior interossi syndrome are which of the following?

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	KNOWLEDGE INCREASED
Flexor pollicis brevis and Flexor digitorum superficialis of the index finger	4.7%	6		3.2%	2	
Flexor pollicis longus and Flexor digitorum profundus of the index finger	61.4%	78		69.8%	44	
Adductor pollicis and Flexor digitorum profundus of the index finger	7.9%	10		9.5%	6	
Flexor pollicis longus and Flexor digitorum profundus & flexor digitorum superficialis of the index finger	15.0%	19		12.7%	8	
None of the above	11.0%	14		4.8%	3	

The muscles that are activated for core stabilization are:

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	INCREASE; question / topic needs additional time and study
Large torque producing muscles that act on the trunk and spine without	19.4%	25		12.1%	8	
Primarily phasic in nature and provide general trunk stability without	9.3%	12		6.1%	4	
Primarily tonic in nature and they provide segmental stability of the lumbar spine due to their direct attach to the vertebrae. They include the: diaphragm, pelvic floor musculature, transversus abdominis and multifidus	17.1%	22		51.5%	34	
Capable of efficiently stabilizing the spine if the spine is maintained in a	17.8%	23		7.6%	5	
Capable of providing proximal stability as their activation precedes other	36.4%	47		22.7%	15	

Total Shoulder Replacement Surgery is primarily performed to allow:

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count
Ability to perform overhead tasks	4.7%	6		0.0%	0
Ability to resume sporting activities	0.0%	0		1.6%	1
Improved ROM	8.6%	11		6.3%	4
Pain relief	85.9%	110		92.2%	59
None of the above	0.8%	1		0.0%	0

KNOWLEDGE INCREASED

Which factor least affects the final prognosis and biomechanics of the wrist following a distal radius fracture?

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count
Articular reduction	7.7%	10		0.0%	0
Type of implant to stabilize fracture	51.5%	67		48.4%	31
Residual extraarticular tilt	12.3%	16		29.7%	19
Residual radial shortening	11.5%	15		1.6%	1
None of the above	16.9%	22		20.3%	13

DECREASE;
need to evaluate teaching method and increase time/review of topic

Which fracture is MOST likely to involve a significant problem with

Answer Options	Response Frequency	Response Count		Response Frequency	Response Count
Metacarpal fractures	5.4%	7		1.6%	1
Proximal phalanx fractures	6.2%	8		3.1%	2
Distal phalanx fractures	71.5%	93		87.5%	56
All of the above	5.4%	7		1.6%	1

KNOWLEDGE INCREASED

None of the above	11.5%	15		6.3%	4	
Which of the following are complications associated with external fixations?						
Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	
Extrinsic tightness of the digital extensors	2.3%	3		0.0%	0	
Pronation contractures	0.0%	0		1.6%	1	
Irritated Dorsal Sensory Radial nerve	3.1%	4		4.8%	3	
Pin Site infections	3.8%	5		0.0%	0	
All of the above	90.8%	118		93.7%	59	KNOWLEDGE INCREASED
When comparing distal radius dorsal plating to volar plating which of the following are benefits of volar plating over dorsal plating?						
Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	
Fewer instances of volar collapse	9.4%	12		4.7%	3	
Less likely to have tendon irritation	23.6%	30		26.6%	17	
Initiation of earlier wrist AROM which is less guarded	2.4%	3		4.7%	3	
All of the above	57.5%	73		62.5%	40	INCREASE; question / topic needs additional time and study
None of the above	7.1%	9		1.6%	1	
Which statement regarding wound care is NOT true:						
Answer Options	Response Frequency	Response Count		Response Frequency	Response Count	
For healthy, clean wounds, do not use antimicrobial solutions or skin cleansers	6.2%	8		17.2%	11	
Clean wounds do not need to be cleansed with antimicrobial solutions	5.4%	7		1.6%	1	
Antiseptics are cytotoxic to all types of cells--bacterial and host cells	8.5%	11		6.3%	4	

Rinsing the wound with saline after cleansing with antimicrobial solutions decreases cytotoxic effects in the wound	14.7%	19		21.9%	14
Most skin cleansers are appropriate wound cleansers	65.1%	84		53.1%	34

**INCREASE;
question /
topic needs
additional
time and
study**