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**SECTION ONE: MCQs (30 marks)**

1. **Disease where distal interphalangeal joint is characteristically involved.**
	1. Psoriatic arthritis
	2. Rheumatoid
	3. SLE
	4. Gout
2. **Para-articular erosion are most commonly seen in**
	1. Osteoarthritis
	2. Rheumatoid arthritis
	3. Gout
	4. Acute suppurative arthritis

1. **The early x-ray changes of Ankylosing spondylitis would be** :
	1. Disc space narrowing
	2. Anterior osteophyte formation
	3. Sacroiliac joint erosion
	4. Facetal joint ankyloses
2. **In Reiter’s disease untrue is**
	1. Conjunctivitis
	2. Ulcer on palm & soles
	3. Interstitial lung disease
	4. After sexual contact

1. **Hypertrophic osteoarthropathy is best observe in**
	1. Carcinoma of lung
	2. Mesothelioma of pleura
	3. AVM of lung
	4. Cirrhosis of liver

1. **Swan-neck deformity is**
	1. Flexion of metacarpophalangeal joint and extension at interphalangeal joint
	2. Extension at proximal interphalangeal joint and flexion at distal interphalangeal joint
	3. Flexion at proximal interphalangeal joint and extension at distal interphalangeal joint
	4. Extension at metacarpophalangeal joint and flexion at interphalangeal joint

1. **Sunray appearance is seen in**:
	1. Osteogenic sarcoma
	2. Ewing’s Sarcoma
	3. Multiple myeloma
	4. Osteoclastoma
2. **Tumor most sensitive to radiotherapy is:**
	1. Osteogenic sarcoma
	2. Ewing’s sarcoma
	3. Chondrosarcoma
	4. Osteoclastoma
3. **Osteogenic sarcoma metastasizes commonly to:**
	1. Liver
	2. Lung
	3. Brain
	4. Regional lymph nodes
4. **In multiple myeloma which of the following is seen**
	1. Raised serum calcium
	2. Raised alkaline phosphatase
	3. Raised acid phosphatase
	4. All of the above
5. **Commonest tumor arising from the metamorphosis is**
	1. Osteoclastoma
	2. Osteosarcoma
	3. Ewing’s sarcoma
	4. Synovial sarcoma
6. **Most common lesion of hand is:**
	1. Enchondroma
	2. Synovioma
	3. Exostosis
	4. Osteoclastoma
7. **A 8 year old child has a swelling in diaphysis of femur. Histology reveals, small clear round symmetrical cells, minimum cytoplasm, necrotic areas, and minimum osteoid and chondroid material cells. Most likely, it contains**
	1. Mucin
	2. Lipid
	3. Iron
	4. Glycogen
8. **A 70-year-old lady presented with mild low back pain tenderness in L3 vertebra. On examination Hb 8 gm ESR 110/1hr A/G ratio of 2:4, likely diagnosis**
	1. Walderstorms
	2. Multiple myeloma
	3. Bone secondaries
	4. None
9. **On microscopic examination, suspected Giant cell tumor must be differentiated from**
	1. Osteosarcoma
	2. Osteoid osteoma
	3. Both of the above
	4. None of the above
10. **Ewing’s tumor of bone**
	1. Should be locally excised
	2. Should be treated by immediate amputation
	3. Looks like a cut onion o X-ray
	4. Has a soap bubble appearance on X-ray
	5. None of the above is correct
11. **Osteoclastoma shows**
	1. Expansile osteolytic area in the diaphysis
	2. Expansile osteolytic area in epiphysis
	3. Osteosclerotic area in the metaphysis
	4. Osteolytic area in the metaphysis
12. **The most common site of enchondroma is**
	1. Ribs
	2. Phalanges
	3. Clavicle
	4. Sternum
13. **Regarding fibrosarcoma**
	1. It has predilection for femur and tibia
	2. Amputation is the answer to this
	3. X-ray shows moth eaten appearance about a lytic area
	4. All of the are true

1. **Clean- cut multiple, rounded lesions is bone are seen in**
	1. Eosinophilic granuloma
	2. Multiple myeloma
	3. All of these
	4. None of these

1. **Treatment of choice for Giant Cell Tumour is**
	1. Surgery + Radiotherapy
	2. Local excision
	3. Chemotherapy
	4. Radiotherapy

1. **Claw hand is seen in**
	1. Ulnar nerve injury
	2. Carpal tunnel syndrome
	3. Syringomyelia
	4. Cervical rib

1. **Foot drop is seen in**
	1. Tibial nerve injury
	2. Achilles tendon injury
	3. Popliteal nerve injury
	4. Common peroneal nerve injury

1. **Club foot is commoner among**
	1. Males
	2. Binovular twins
	3. Females
	4. Uniovular twins

1. **Which of the following statement is wrong in Tendon transfer?**
	1. Contracture should be released priory
	2. Synergistic muscles are used for tendon transfer
	3. Adequate tendon should be mobilized to gain length
	4. All of the above

1. **Which of the following is not true about Myositis ossificans**?
	1. Associated with muscle tendon rupture
	2. Inflammation around the ruptured muscle deposition of hydroxyapatite crystals
	3. Common in supracondylar fracture
	4. Ossification of musculo – periosteal haematoma

1. **Upper motor neuron type paralysis is seen in**
	1. Poliomyelitis
	2. Peripheral neuropathy
	3. Cerebral palsy
	4. Muscular dystrophy

1. **Commonest site of bone cyst:**
2. Upper end of humerus
3. Lower end of tibia
4. Lower of femur
5. Upper end of femur
6. **Pain in small joints in an elderly lady is most likely due to**
7. Rheumatoid arthritis
8. Psoriatic arthritis
9. Reiter’s disease
10. Osteoarthritis

**30. Neuropathic joints of ankle and foot area most commonly caused by**

 a. Polio

b. Club foot

 c. Mycetoma

d.Hansen’s disease

**SECTION TWO: TRUE /FALSE QUESTIONS(30 MARKS).**

1. **Amputation may be used to treat**
2. Trauma
3. Infections
4. Tumours
5. Vascular diseasef
6. Congenital anomalies

**2. The congenital deformity in which limbs are extremely shortened so that the hands and feet arise from the trunk is called**

1. Dwarfism
2. Hypothyroidism
3. Phacomelia
4. Cretinism
5. Down syndrome

**3. The examination of an orthopaedic patient may include**

1. Inspection
2. Palpation
3. Limb length measurement
4. Stressing
5. Auscultation

4**.Tumours that often metastasize to the bone mainly are:**

1. Lung tumours
2. Breast tumours
3. Prostate tumours
4. Renal tumours
5. Ovarian tumours

**5. Metatarsus adductus is a common peadiatric foot deformity characterized by which one of the following?**

a. A lateral deformity of the sole

b. A medical deformity of the heel

c. A foot that cannot easily be dorsi-flexed

d. Treatment consisting of stretching exercises in mild cases

e.A foot that is easily dorsiflexed

6. **Talipes equinovarus is**

1. Equinus, Inversion, abduction
2. Equinus,Inversion,adduction
3. Equinus,eversion,abduction
4. Equinus, eversion, pronation.
5. Equinus,eversion,adduction

**SECTION ONE: SHORT ESSAY QUESTIONS (40 marks)**

1. (a) Difine sports medicine

**It’s a branch of medicine that deals with physical fitness and the treatment and prevention of injuries related to sports and excercise** **(2 Marks)**

( b) Enumerate principals of management of sports injuries **( 6marks)**

(C) list ten common sports injuries

1. **Knee injury acl**
2. **Shin splints**
3. **Harmstring strain**
4. **Groin pull**
5. **Ankle sprain**
6. **Tennis elbow**
7. **Shoulder injury**
8. **Concusiion**
9. **Sciatica**
10. **Hip flexor strain**
11. Common Sports Injuries and Pain
12. **A**
13. [**Abrasions and 'Road Rash' Treatment**](https://www.verywellfit.com/skin-abrasions-and-road-rash-treatment-3119252)
**ACL Injury**
**ACL Injuries and Skiing**
**Achilles Tendonitis**
**Achilles Tendon Ruptures**
**Adhesive Capsulitis (Frozen Shoulder)**
**Altitude Illness**
**Ankle Anatomy and Physiology**
**Ankle Sprains**
**Ankle Fracture**
**Ankle Injuries**
**Anorexia**
**Anterior and Posterior Cruciate Ligament Injury**
**Arthritis of the Shoulder**
[**Athlete's Foot (Tinea Pedis)**](https://www.verywellfit.com/athletes-foot-causes-prevention-and-treatment-2911325)
14. **B**
15. **Back Pain**
[**Baseball Injuries**](https://www.verywellfit.com/common-baseball-and-softball-injuries-3120151)
[**Basketball Injuries**](https://www.verywellfit.com/common-basketball-injuries-3120153)
**Blisters**
**Blister Treatment and Prevention**
**Bulimia**
**Burner / Stinger Syndrome**
**Bursitis**
16. **C**
17. **Calf Strain**
**Carpal Tunnel Syndrome**
**Cartilage Injuries and Disorders**
**Cervical Fracture**
**Clavicle Fracture**
**CHF and Exercise**
**Chondromalacia**
**Cold Exposure**
**Common Sports Injuries**
**Compartment Syndrome**
**Compulsive Exercise**
**Concussion**
**Cramping Muscles**
**Cycling Injuries**
18. **D**
19. **Diabetes and Exercise**
**Delayed Onset Muscle Soreness (D.O.M.S.)**
20. **E**
21. **Elbow Injuries**
**Exercise and Extreme Cold**
**Exercise and Extreme Heat**
22. **F**
23. **Finger Fractures**
**Foot Anatomy and Physiology**
**Foot Injuries**
**Football Injuries**
**Fractured Clavicle**
**Frozen Shoulder (Adhesive Capsulitis)**
24. **G**
25. **Golfer's Elbow (Medial Epicondylitis)**
Golf Injuries **Groin Pull**
**Growth Plate Injuries**
26. **H**
27. **Hamstring Pulls or Tears**
**Head Injuries**
**Heat Exposure**
**Heat Illness**
**Heel Spurs**
**Herniated Disc**
**High Altitude Injuries**
**Hip and Groin Injuries**
**Hip Pointer**
**Hip Replacement**
**Hockey Injuries**
**Hyponatremia - Low Blood Sodium**
28. **I**
29. **Iliotibial Band Syndrome**
**Impingement Syndrome**
**Iliopsoas Syndrome**
30. **K**
31. **Kids Sports Injuries**
**Knee Anatomy and Physiology**
**Knee Injury Index**
**Knee - Cartilage Injuries and Disorders**
**Knee - Chondromalacia**
**Knee Ligament Injuries**
**Knee - Meniscus Injuries**
**Knee - Patellofemoral Pain Syndrome**
**Knee - Plica Syndrome**
**Knee - Tendon Injuries**
**Knee Pain Primer**
**Knee Pain Q and A**
32. **L**
33. **Lateral Epicondylitis**
**Lateral Epicondylitis/Tennis Elbow**
**Leg Injuries - Hamstring, Quadriceps, etc.**
**Ligament Injuries of the Knee**
**Low Back Pain**
**Lower Leg Anatomy and Physiology**
34. **M**
35. **Medial and Lateral Collateral Ligament Injury**
**Meniscus Injuries**
**Mitral Valve Prolapse**
**Muscle Cramps**
**Muscle Sprains and Strains**
36. **N**
37. **Neck Injuries**
**Neck Strain**
**Noisy Joints**
38. **O**
39. **Osgood-Schlatter Disease**
**Osteoarthritis of the Knee**
**Osteoarthritis**
**Osteochondritis Dissecans**
**Osteoporosis**
**Overtraining Syndrome**
**Overuse Syndrome**
40. **P**
41. **Patellofemoral Pain Syndrome**
**Piriformis Syndrome**
**PCL Injury**
**Plantar Fasciitis**
**Plica Syndrome**
**Pronation**
42. **Q**
43. **Quadriceps Pulls or Tears**
44. **R**
45. **R.I.C.E To Treat Soft Tissue Injuries**
**'Road Rash' Treatment**
**Rotator Cuff - Torn**
**Rotator Cuff Injuries**
**Rowing Injuries**
**Running Injuries**
46. **S**
47. **Sciatica**
**Side Stitch**
[**Shin Splints**](https://www.verywellfit.com/how-to-prevent-and-treat-shin-splints-3432863)
**Shoulder Anatomy and Physiology**
**Shoulder Arthritis**
**Shoulder Dislocations**
**Shoulder Separation**
**Shoulder Fracture**
**Shoulder Tendinitis, Bursitis, and Impingement Syndrome**
**Shoulder Pain Q and A**
**Shoulder Injury Index**
[**Skiing Injuries**](https://www.verywellfit.com/common-skiing-and-snowboarding-injuries-3120649)
**Snowboarding Injuries**
**Sprains and Strains**
**Sprains and Strains FAQ**
**Stress Fractures**
**Supination**
**Swimming Injuries**
48. **T**
49. **Tendonitis**
**Tendon Injuries and Disorders of the Knee**
**Tendinitis of the Shoulder**
**Tendinitis / Ruptured Tendons of the Knee**
**Tendinitis of the Wrist**
**Tennis Elbow (Lateral Epicondylitis)**
[**Tennis Injuries**](https://www.verywellfit.com/common-tennis-injuries-3120761)
**Tinea Pedis (Athlete's Foot)**
**Torn Rotator Cuff**
**Turf Toe**
50. **U-V**
51. [**Volleyball Injuries**](https://www.verywellfit.com/common-volleyball-injuries-3120837)
52. **W-Z**
53. **Water Intoxication**
**Whiplash**
**Women's Sports Injuries**
**Wrist and Hand Injuries**

2. Difine drug abuse in sports **( 2marks)**

3. Elaborate 5 side effects of drugs used in sports **( 10marks)**

Potential side effects of different substances and methods of doping

| **Substance/method** | **Potential side effects** |
| --- | --- |
| Androgens (eg, testosterone, danazol, nandrolone, stanozolol) | • Reproductive: diminished spermatogenesis and gynecomastia in men, decreased fertility, decreased testicular size, possible benign prostatic hypertrophy or prostate cancer• Cardiovascular: decreased high-density lipoprotein cholesterol, increased low-density lipoprotein cholesterol• Hepatic: hepatotoxicity• Neuropsychiatric: depression, mania, psychosis, aggression• Other: hastened epiphyseal closure in adolescents, acne, hirsutism, temporal hair recession, clitoromegaly, voice deepening, and oligomenorrhea/amenorrhea in women, infections (abscesses at injection sites, septic arthritis, and hepatitis/human immunodeficiency virus from sharing needles), tendon rupture |
| Growth hormone and growth factors (eg, insulin-like growth factor, insulin) | • I nsulin resistance, hyperglycemia, diabetes mellitus, cardiomegaly, hastened epiphyseal closure in adolescents, myopathy, hypertension, edema, carpal tunnel syndrome |
| Stimulants (eg, amphetamine, D-methamphetamine, methylphenidate, ephedrine, pseudoephedrine, caffeine, cocaine) | • Hypertension, tachycardia, myocardial infarction, stroke, heat stroke, weight loss, rhabdomyolysis, headache, nausea, tremor, insomnia, anxiety/panic attacks, agitation, aggression, psychosis |
| Methods to increase oxygen transport (eg, blood transfusions, recombinant human erythropoietin, darbepoetin alfa) | • Myocardial infarction, stroke, deep vein thrombosis/pulmonary embolism, hypertension, antibody-mediated anemia |

4.. list ten common drugs abused in sports **( 10 marks)**

1. Alcohol
2. Marijuana
3. Fentanyl
4. Heroin
5. Opiods
6. Steroids
7. Nicotine
8. Cocaine
9. Valium
10. Percocet
11. .