

CME questions on The Hand issue

1 What is the approximate incidence of congenital absence of an FDS tendon, either unilaterally or bilaterally, in the general population?

- A. 1%
- B. 3%
- C. 6%
- D. 9%
- E. 12%

2 Failure of which structure gives rise to a Boutonnière deformity?

- A. Flexor sheath
- B. Oblique retinacular ligaments
- C. Transverse retinacular ligaments
- D. Triangular ligaments
- E. Volar plate

3 A hand radiograph shows well-defined erosions with sclerotic margins and overhanging edges along with high-density soft tissue nodules. Which of the following is the most likely diagnosis?

- A. Chondrocalcinosis
- B. Gout
- C. Pseudogout
- D. Rheumatoid disease
- E. Scleroderma

4 Which of the following is one of the intrinsic ligaments of the wrist?

- A. Dorsal intercarpal
- B. Long radiolunate
- C. Lunotriquetral
- D. Radioscaphocapitate
- E. Ulnolunate

5 Which of the following would be an appropriate treatment for Stage I SNAC or SLAC wrist?

- A. Distal pole scaphoid excision
- B. Four corner fusion
- C. Proximal row carpectomy
- D. Radial styloidectomy
- E. Radioscapholunate fusion

6 Which of the following would be preferred, if no other tendons are available, to reconstruct extensor tendon ruptures?

- A. Flexor digitorum superficialis to index finger
- B. Flexor digitorum superficialis to little finger

- C. Flexor digitorum superficialis to middle finger
- D. Flexor pollicis longus
- E. Palmaris longus

7 Which of the following stage of Swan neck deformity would most appropriately be treated by PIP joint flexor tenodesis and intrinsic release?

- A. Nalebuf type 1
- B. Nalebuf type 2
- C. Nalebuf type 3
- D. Nalebuf type 4
- E. Nalebuf type 4 multiple fingers

8 In which tendon zone does the lumbrical attach to the deep flexor?

- A. Zone 1
- B. Zone 2
- C. Zone 3
- D. Zone 4
- E. Zone 5

9 Which of the following statements concerning flexor tendon injury is incorrect?

- A. Epitendinous sutures do not increase the strength of a flexor tendon repair.
- B. Injuries leaving 60% of the tendon intact should be treated by debridement alone.
- C. If the FDS is repaired as well as the FDP there is a greater than 60% increase in gliding friction.
- D. The A2 and A4 pulleys should be preserved but others can be sacrificed as needed.
- E. The most important factor in obtaining a good outcome is the experience of the surgeon.

10 How long after nerve injury does target muscle atrophy become irreversible?

- A. 3–6 weeks
- B. 3–6 months
- C. 6–12 months
- D. 12–18 months
- E. 2–3 years

11 Which of the following would be the preferred donor to treat a digital nerve defect by grafting?

- A. Distal end of anterior interosseous nerve
- B. Lateral antebrachial cutaneous nerve
- C. Superficial radial nerve
- D. Sural nerve
- E. Terminal posterior interosseous nerve

12 For which of the following treatments is there least evidence for a positive effect, even in the short term, in managing CRPS of the hand?

A. Dorsal root ganglion stimulators

B. Gabapentin

C. Ketamine

D. Pamidronate

E. Spinal cord stimulators