

13- The rectus femoris is active at what phase of the gait cycle?

a. at pre swing

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* is

b. at late swing

c. at mid stance

d. Immediately following initial contact

e. at terminal stance

Answer A

37-During a gait training session, you observed the midstance phase of gait from the anterior (front) view of the left lower extremity. The pelvis has an exaggerated downward tilt on the right side, and the right lower extremity is in swing phase. What muscle would the you assess for adequate strength?

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- a. Left hip adductors
- b. Left hip abductors
- c. Right hip abductors
- d. Right hip adductors
- e. Left hip extensors

Answer B

63-The most common bone to overgrow after amputation – Humerus.

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112- Iliopsoas undergoes concentric contraction during – pre swing phase


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125- THR rehab, what to avoid: add flex int rotation

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164. Plantar – flexion muscles are most powerful during which phase :

- a. Initial stance
- b. Loading response
- c. Mid-stance
- d. Terminal stance
- e. Pre-swing

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Answer E

207- Rehabilitation after THR, what should pt. avoid:

Adduction, flexion, internal rotation

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Adduction flexion ext. rotation

* 196

Abduction flexion internal

Adduction extension...

Answer A

2. Antalgic gait--> → Dr. Ziad

short stance phase in the affected side

3. Most common complication of amputations in immatures... Dr. Ziad

23. warm packs... heat transfer is by:

A. conduction

B. convection

C. radiation

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answer is A

11- Rehabilitation guidelines following total knee replacement (one true):

a- allowed to drive after 6 weeks post op

b- Can do low impact sports like tennis, football.. *Dr. Ziad

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c- Repetitive passive extension for the knee...

d- Not weight bearing for one week

TKR (Total Knee Replacement)

- Pre op rehabilitation → Increase muscle strength
- Pain control after surgery → analgesia and ice for the swelling
- All TKR are cemented → As tolerated WB
- Driving, sports and sexual activity → like THR
- Expected ROM after surgery
 - At discharge → 0-90
 - On the long term → 0-120
- Walking at the level needs 65 knee flexion, at the stairs 85-110 knee flexion
- Pt should move as soon as possible
 - 1st day post op → weight bearing as tolerated
- Orthosis (braces or splints)
 - Not recommended except if there is muscle weakness or post op complication
- Stairs
 - Starts at 3-5 days post op
 - Up with the good (non operated), down with the bad (operated)



Answer: A

3- Muscle responsible for knee movement during heel strike:

a- Hamstring

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b- Calf muscle

* is →

c- Quadriceps

d- Gastrocnemius

30- One is true about normal gait cycle:

a- Swing phase is longer than stance

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b- 20% double support

c- Hamstring is the most important for midstance

32- The most important step in rehabilitation after THR is:

a- Muscle stretching

b- Muscle strengthening

c- Muscle reeducation

d- Sensory reeducation

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83- The point that lead the surgeon to be not very concerned about level of amputation:

a- Development of prosthesis

b- Education of patient

c- Better diagnosis of disease

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100- The muscle that contracts intermittently during standing is:

a- Quadriceps

b- Hamstring

c- Solicus

d- Anterior tibialis

e- Posterior tibialis

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Most Common Things

- Most **common** type of rhinosinusitis overall is Viral rhinosinusitis
- Most **common** cause of acute viral RS is rhinovirus
- Most **common** cause of acute bacterial rhinosinusitis is strep. Pneumonia
- Most **common** type of chronic rhinosinusitis is allergic rhinosinusitis
- Most **common** symptom of viral rhinosinusitis is watery discharge
- Most **important** part of the treatment of acute rhinosinusitis is PAINKILLERS
- Most **common** complication of rhinosinusitis is orbital complications
- Most **common** intra-cranial complication of rhinosinusitis is subdural abscess
- Most **specific** test for allergic rhinitis is nasal challenge test
- Most **effective** treatment for allergic rhinitis is desensitization