

Orthopedics Viva MCQs: Soft Tissue Lesions (50 Marks)

This document contains 25 multiple-choice questions (MCQs) worth 2 marks each, totaling 50 marks. The questions cover the specified topics on soft tissue lesions: sprains, muscle strains, capsulitis, bursitis, tenosynovitis, fasciitis, and tendonitis. Each MCQ includes the question, options (A-D), and the correct answer for grading purposes. Questions are grouped by topic for clarity. Compile this LaTeX file using `latexmk -pdf` or an online LaTeX compiler like Overleaf to generate the PDF.

1 Soft Tissue Lesions (50 Marks)

1.1 1. Sprains and Muscle Strains (10 marks)

1. A sprain involves injury to which structure? A) Muscle B) Ligament C) Tendon D) Bone **Answer:** B
2. A muscle strain is characterized by: A) Bone fracture B) Overstretching or tearing of muscle fibers C) Ligament inflammation D) Joint dislocation **Answer:** B
3. Management of a Grade I sprain typically includes: A) Surgical repair B) RICE protocol (Rest, Ice, Compression, Elevation) C) Immediate mobilization D) Amputation **Answer:** B
4. A common clinical feature of muscle strain is: A) Pain with movement B) Bone deformity C) Joint effusion D) Fever **Answer:** A
5. Complication of severe sprains may include: A) Joint instability B) Bone growth C) Muscle hypertrophy D) Nerve regeneration **Answer:** A

1.2 2. Capsulitis (8 marks)

1. Capsulitis is inflammation of: A) Joint capsule B) Tendon sheath C) Bursa D) Muscle **Answer:** A
2. A common site for capsulitis is: A) Shoulder (frozen shoulder) B) Knee meniscus C) Achilles tendon D) Plantar fascia **Answer:** A
3. Management of adhesive capsulitis includes: A) Physical therapy and steroids B) Immediate surgery C) Casting D) Antibiotics **Answer:** A
4. Clinical feature of capsulitis: A) Restricted joint motion B) Bone pain C) Muscle swelling D) Tendon rupture **Answer:** A

1.3 3. Bursitis (8 marks)

1. Bursitis is inflammation of: A) Tendon B) Bursa C) Ligament D) Cartilage **Answer:** B
2. A common cause of bursitis is: A) Repetitive trauma B) Bone fracture C) Joint infection D) Muscle atrophy **Answer:** A

3. Management of bursitis may include: A) Aspiration and corticosteroid injection B) Amputation C) Bone grafting D) Tendon transfer **Answer: A**
4. Clinical feature of olecranon bursitis: A) Swelling at elbow B) Knee pain C) Ankle stiffness D) Wrist deformity **Answer: A**

1.4 4. Tenosynovitis (8 marks)

1. Tenosynovitis affects the: A) Joint capsule B) Tendon sheath C) Muscle belly D) Bone surface **Answer: B**
2. A common site for tenosynovitis is: A) Wrist (de Quervain's) B) Spine C) Hip D) Shoulder capsule **Answer: A**
3. Management of tenosynovitis includes: A) Splinting and anti-inflammatories B) Immediate surgery C) Casting for months D) Observation only **Answer: A**
4. Clinical feature of tenosynovitis: A) Crepitus with tendon movement B) Bone deformity C) Joint effusion D) Muscle hypertrophy **Answer: A**

1.5 5. Fasciitis (8 marks)

1. Plantar fasciitis affects: A) Foot arch fascia B) Knee ligaments C) Shoulder capsule D) Elbow tendons **Answer: A**
2. A common cause of plantar fasciitis is: A) Overuse or poor footwear B) Bone infection C) Joint dislocation D) Muscle tear **Answer: A**
3. Management of fasciitis includes: A) Stretching and orthotics B) Joint replacement C) Tendon transfer D) Bone grafting **Answer: A**
4. Clinical feature of plantar fasciitis: A) Heel pain worse in morning B) Knee swelling C) Elbow stiffness D) Wrist pain **Answer: A**

1.6 6. Tendonitis (8 marks)

1. Tendonitis is characterized by: A) Tendon inflammation B) Bone fracture C) Muscle strain D) Joint effusion **Answer: A**
2. A common site for tendonitis is: A) Achilles tendon B) Vertebral body C) Rib cartilage D) Skull suture **Answer: A**
3. Management of tendonitis includes: A) Rest and NSAIDs B) Immediate surgery C) Casting for life D) Chemotherapy **Answer: A**
4. Complication of chronic tendonitis: A) Tendon rupture B) Bone overgrowth C) Joint fusion D) Muscle hypertrophy **Answer: A**

2 Mark Distribution Summary

- Sprains and Muscle Strains: 10 marks (5 MCQs)
- Capsulitis: 8 marks (4 MCQs)
- Bursitis: 8 marks (4 MCQs)

- Tenosynovitis: 8 marks (4 MCQs)
- Fasciitis: 8 marks (4 MCQs)
- Tendonitis: 8 marks (4 MCQs)
- **Total:** 50 marks

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