

## Orthopaedic Physiotherapy Puzzles

### 1) Clinical Vignette MCQs (Choose best answer)

A 55-yr-old with gradual shoulder pain, painful abduction 60–120° and positive Drop Arm — most likely?

A) Adhesive capsulitis B) Rotator cuff tear C) Bicipital tendinopathy D) OA shoulder

Young athlete twisted knee with immediate swelling, positive Lachman — most likely?

A) Meniscal tear B) ACL tear C) Collateral ligament sprain D) Patellar fracture

Low back pain radiating to lateral leg, positive SLR at 30°, reduced ankle reflex — most likely?

A) Facet syndrome B) Sacroiliitis C) L5–S1 disc prolapse D) Hip OA

Heel pain on first step in morning, worse with running — most likely?

A) Plantar fasciitis B) Achilles tendon rupture C) Calcaneal stress fracture D) Retrocalcaneal bursitis

Colleague reports wrist numbness, nocturnal paresthesia, positive Phalen test — most likely?

A) Radial nerve palsy B) Median nerve compression (CTS) C) Ulnar neuropathy D) De Quervain's

### 2) Match the Special Test (Draw lines / number matching)

Anterior Drawer Test (Knee) — \_\_\_\_

McMurray's Test — \_\_\_\_

Apprehension Test (Shoulder) — \_\_\_\_

Thomas Test — \_\_\_\_

Finkelstein's Test — \_\_\_\_

- A. Iliopsoas/hip flexor tightness
- B. Rotator cuff tear/shoulder instability (apprehension)
- C. Distal radius de Quervain's (tenosynovitis)
- D. ACL integrity
- E. Meniscal tear

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### 3) Anagrams — Unscramble (Orthopaedic terms)

RATEFCRU

DSRKIHON

NEMUSCI

OAHEEDRUS

LAVMIONU

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#### 4) True / False Rapid Fire (Write T or F)

Non-union means fracture healed but malaligned.

SLR test is used to detect lumbar nerve root irritation.

Clubfoot = talipes equinovarus.

Osteoarthritis is primarily inflammatory like RA.

A positive Hawkins test suggests impingement of rotator cuff.

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#### 5) Sequence Puzzle — put in correct order (1–5)

Acute ankle sprain management steps: R \_\_, P \_\_, E \_\_, R \_\_, S \_\_

(Hint: RICE variants — use: Rest, Ice, Early mobilization, Compression, Elevation)

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#### 6) Word Search (provide words to find)

Words: ACL, MENISCUS, LACHMAN, PHALEN, PLANTAR, TENONIS (typo-intended?) — (OK: replace typo)

Correct set: ACL, MENISCUS, LACHMAN, PHALEN, PLANTAR, TENDON, BURSITIS

(You can paste these into any word-search generator to make a printable grid.)

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#### 7) Fill-in-the-blank (key terms)

Painful arc between 60–120° in shoulder suggests \_\_\_\_\_.

The commonest fractured carpal bone is the \_\_\_\_\_.

The fracture where shaft bends but not completely breaks in children is called \_\_\_\_\_.

Compression of the \_\_\_\_\_ nerve causes carpal tunnel syndrome.

A false joint at non-union is called \_\_\_\_\_.

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#### 8) “Which is odd one out?” (pick one)

Lachman, Anterior Drawer, Pivot Shift, McMurray

Phalen, Tinel, Hoffmann, Finkelstein

Crepitus, Swelling, Locking, Night pain (OA symptom oddity?)

Closed reduction, ORIF, Traction, Arthroplasty

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**9) Spot-the-error (choose the wrong statement)**

A positive McMurray indicates ACL rupture.

Wedge compression fractures typically affect vertebral bodies.

Early mobilization after stable fracture helps prevent stiffness.

De Quervain's affects the abductor pollicis longus and extensor pollicis brevis tendons

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**10) Clinical reasoning mini-cases (short answer)**

30-yr-old runner with gradual onset lateral elbow pain — list three likely causes and one physio treatment for each.

Patient post-ORIF femur: day 3 — give 5 components of your physiotherapy plan.

A child with limping, hip pain and low fever — list three red flags that warrant urgent referral.

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✔ **Answers — check yourself**

**1) Vignette MCQs:** 1-B, 2-B, 3-C, 4-A, 5-B.

**2) Match:** 1-D, 2-E, 3-B, 4-A, 5-C.

**3) Anagrams:** 1 FRACTURE, 2 DISK/ (DSRKIHON -> DISK/ or 'dorsikh n' — likely intended DISK/HERNIA? — better answers:)

Oops — I'll correct them: intended list:

R A T E F C R U → FRACTURE

D S R K I H O N → DORSIKHN (bad scramble) — replace with DISCHE? To avoid confusion, here's corrected anagram set and answers:

Replace #3 set with:

R A C T U R E F → FRACTURE

D I S C H E R N → DISC HERNI (DISC HERNI) → DISC HERNIA (DISC HERNI (**DISC HERNIA**))

N E M U S C I → MENISCUS

O A H E D R S U S → SHOULDER A (should be SHOULDER) → SHOULDER

L A V M I O N U → MALUNION

(If using these for students, consider editing anagram letters once when printing — happy to produce a clean printable set.)

**4) True/False:** 1-F (that's malunion), 2-T, 3-T, 4-F (OA is degenerative, not primarily inflammatory), 5-T.

**5) Sequence (ankle sprain):** Rest, Ice, Compression, Elevation, Early mobilization → R I C E E (or R I C E + Early mobilization).

**6) Word Search:** (no answer grid here — words to find listed).

**7) Fill-in:** 1. Rotator cuff impingement (painful arc) / Supraspinatus tendinopathy. 2. Scaphoid. 3. Greenstick fracture. 4. Median nerve. 5. Pseudoarthrosis (or false joint).

**8) Odd one out:** 1. McMurray (it's meniscal, others are ACL tests), 2. Hoffmann (a neurological sign; others peripheral), 3. Night pain (more typical of inflammatory or tumour), 4. Arthroplasty (joint replacement vs fixation/reduction)

**9) Spot-the-error:** Statement 1 is wrong (McMurray → meniscal tear).

**10) Mini-cases:** Answers vary — sample:

Lateral epicondylitis (tennis elbow), radial tunnel syndrome, cervical radiculopathy; physio: eccentric wrist extensor loading, neural mobilisation, cervical traction + exercise.

Day 3 post-ORIF femur: pain control/positioning, respiratory care, gentle active/assisted ROM of hip/knee, isometric quads/hamstrings, bed mobility and safe transfers, DVT prevention (ankle pumps).

Red flags: high fever + systemic signs (septic arthritis), inability to weight-bear, rapidly increasing pain/swelling, neuro deficit, history of trauma.