ORTHOPAEDIC CLINICAL QUIZ

The following questions are based on the images or illustrations provided. Answers and further information are available in this issue.

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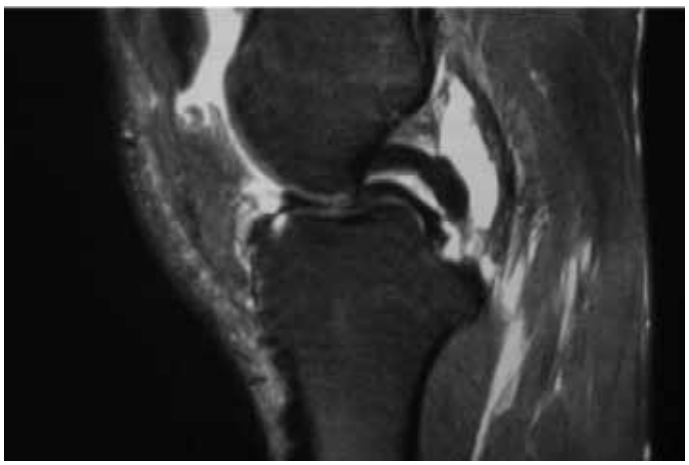
1.



A 34 year old man twisted his right knee while playing futsal and presented with knee pain. Radiography patient showed no abnormality. Subsequently, magnetic resonance imaging was performed as shown (Figure 1)

A. Describe the most significant abnormality.
B. What is it most commonly associated with?
C. What are the other possible reasons for this finding?
D. What is the recommended management for this condition?

2.

A left hand dominant 57 year old retiree was involved in a motor vehicular accident and subsequently had a fall on her outstretched right hand. She subsequently complained of deformity and pain of her right shoulder. A radiograph of her right shoulder is shown. (Figure 2)

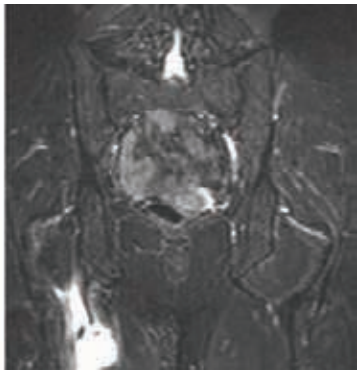
A. Describe the radiographic abnormality.
B. What is the preferred method of treatment for this condition at her age?
C. When is surgery indicated in this patient?
D. What type of surgery has been described?

3.

A 40 year old man complained of pain and limited movement of his right knee. On examination, the presence of a hard swelling at the back of the knee was noted. There was no swelling elsewhere. Imaging studies are as shown. (Figure 3a and 3b)

A. Describe features of the images.
B. What is the condition called?
C. How can it be best treated?
D. What are the complications of this condition?

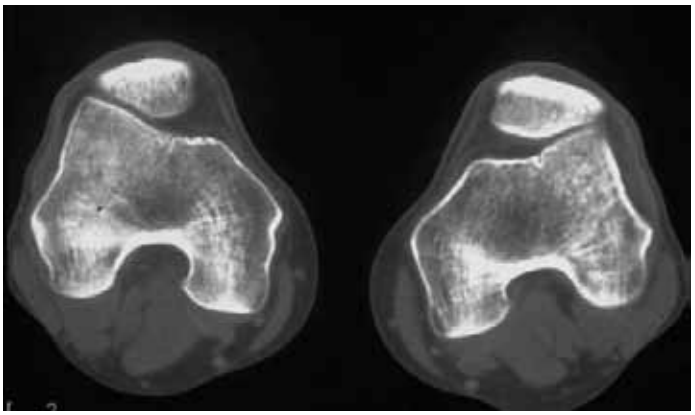
4.



A 27 year old professional female footballer complained of inability to bear weight and bruising over the back of her right thigh after being involved in an accident while riding her bicycle .The mechanism of injury was acute flexion of the right hip with extension of the right knee. The appearance of the leg and MRI coronal section of the pelvis are shown (Figure 4a and 4b)

A. Describe the clinical appearance.
B. What is the probable diagnosis?
C. What is the most important principle in managing this condition?
D. In view of her active lifestyle, what would be the best treatment option?

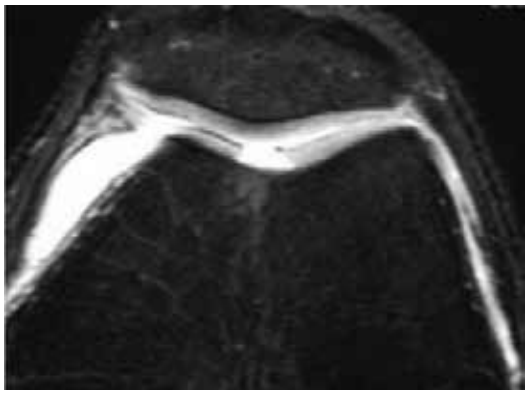
5.

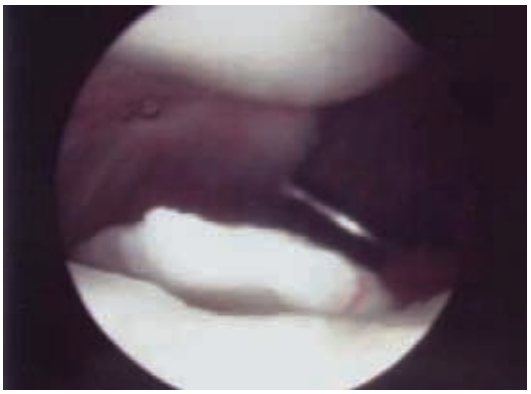


A 30 year old man complained of pain, swelling and catching of his left patella while jogging in his neighbourhood. No effusion and no signs of instability were reported. The appearance of the left knee at 30 degrees of flexion and CT scan of the axial view of his knee at full extension are shown. (Figure 5a and 5b)

A. Describe the appearance of the knee
B. Describe the CT scan.
C. What is the most probable diagnosis?
D. What is the appropriate treatment for this patient?

6.





A 30 year old male hockey player suffered from acute left knee effusion without any history of serious trauma. On full flexion of the knee, the pain was only felt in the suprapatellar pouch. All meniscal and stability tests were normal. The axial MRI scan of the left patellofemoral joint on full knee extension (T2-weighted, left knee, extension) and arthroscopy of the patellofemoral joint with presence of a probe are as shown (Figure 6a and 6b).

A. Describe the MRI findings.
B. Describe the arthroscopic findings.
C. What is the surgical treatment for this patient?
D. What should the post-operative rehabilitation program entail?