



Multiple choice questions taken from material in *The Hand Owner's Manual*

Read the book, take the quiz, submit your answer sheet along with \$50 for 10 hours of continuing education credit. Passing scores are 44 (70%) and above.

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|--------------|--------------|--------------|--------------|
| 1 A B C D E | 17 A B C D E | 33 A B C D E | 49 A B C D E |
| 2 A B C D E | 18 A B C D E | 34 A B C D E | 50 A B C D E |
| 3 A B C D E | 19 A B C D E | 35 A B C D E | 51 A B C D E |
| 4 A B C D E | 20 A B C D E | 36 A B C D E | 52 A B C D E |
| 5 A B C D E | 21 A B C D E | 37 A B C D E | 53 A B C D E |
| 6 A B C D E | 22 A B C D E | 38 A B C D E | 54 A B C D E |
| 7 A B C D E | 23 A B C D E | 39 A B C D E | 55 A B C D E |
| 8 A B C D E | 24 A B C D E | 40 A B C D E | 56 A B C D E |
| 9 A B C D E | 25 A B C D E | 41 A B C D E | 57 A B C D E |
| 10 A B C D E | 26 A B C D E | 42 A B C D E | 58 A B C D E |
| 11 A B C D E | 27 A B C D E | 43 A B C D E | 59 A B C D E |
| 12 A B C D E | 28 A B C D E | 44 A B C D E | 60 A B C D E |
| 13 A B C D E | 29 A B C D E | 45 A B C D E | 61 A B C D E |
| 14 A B C D E | 30 A B C D E | 46 A B C D E | 62 A B C D E |
| 15 A B C D E | 31 A B C D E | 47 A B C D E | 63 A B C D E |
| 16 A B C D E | 32 A B C D E | 48 A B C D E | |

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Program evaluation:

- How well did the book and the quiz meet the stated learning objectives poor fair good
 (1. discuss the biology of bone, tendon, and nerve healing and growth in ways patients can easily understand, 2. discuss treatment options for common hand conditions along with associated benefits and risks, 3. discuss the wide-ranging influences the human hand has had on civilizations and cultures from around the world, thereby enhancing the reader's rapport with patients of all ages and from many cultures.)
- Is it fair value, \$50 for 10 hours of CE credit? Yes No
- Would you recommend this book and quiz to colleagues? Why or why not?

Comments welcome here and on back.

- 1 A fall onto an outstretched hand leads to different fractures in different age groups because
- A older people fall faster
 - B the relative strength of various skeletal structures around the wrist changes through life
 - C the scaphoid doesn't develop until adolescence and atrophies in old age
 - D the epiphysis in growing bone saps nutrients from the carpal bones
 - E coordination peaks at age 20 and people who are decades older or younger fall more awkwardly
- 2 Plaster-of-paris impregnated gauze roller bandages were invented by
- A a shaman in ancient Egypt
 - B Hippocrates in ancient Greece
 - C by Leonardo in Renaissance Europe
 - D by a military surgeon in 19th C Europe
 - E by an American industrialist about 1900
- 3 "Score" means "20" and is derived from
- A baseball jargon where 20 runs almost certainly guarantees a win
 - B the mark on a stick to represent a number equal to all the digits
 - C a contraction of "scar" and "sore" denoting a skin injury
 - D from the French "scoree" meaning conquest
 - E Lincoln's Gettysburg Address where "87" just didn't sound right
- 4 Spock's "live long and prosper" hand gesture originated from
- A a rabbi's benedictory blessing
 - B Leonard Nemoy's ulnar nerve palsy
 - C the common Vulkan syndactyly pattern
 - D a 3rd base coach's signal to bunt
 - E the American Sign Language symbol for "thrive"
- 5 The psychological benefit of a hand therapist touching the patient's hand has a historical origin from
- A Louis Dumont's seminal paper in 1926
 - B the early occupational therapy school of Kellogg, Michigan
 - C King Edward IV
 - D school yard games of tag
 - E priest-physicians in Babylonia and ancient Egypt
- 6 Which word did not originate from some connotation of "hand"?
- A pamphlet
 - B duck
 - C manure
 - D surgeon
 - E legerdemain

- 7 In human embryos the limb bud
- A first appears at gestational week 4 and the hand is completely formed within the next 3 weeks
 - B for the right hand usually appears earlier and develops faster than the one for the left hand
 - C first appears at gestational week 20 and the hand is completely formed by week 36
 - D first appears at gestational day 7 and the hand is completely formed by day 28
 - E sprouts distinct digits that later may become webbed
- 8 Fingerprints in identical twins are different because
- A differential influence of their father's x chromosome
 - B differential influence of their father's y chromosome
 - C differential influence of their mother's second x chromosome
 - D environmental factors
 - E unique personality traits causing finger drumming against uterine wall
- 9 Is knuckle cracking dangerous?
- A yes in interphalangeal joints, no in metacarpophalangeal joints
 - B no in interphalangeal joints, yes in metacarpophalangeal joints
 - C yes in children under 5 years old
 - D yes when accompanied by gum popping
 - E no
- 10 Which activities adversely affect the growth plates in immature bones?
- A gymnastics, pitching baseballs
 - B cycling, rowing
 - C piano, videogames
 - D cell phones, especially instant messaging
 - E 5 pound backpacks
- 11 A wrist ganglion would most likely be found
- A dorsally in a 25 year-old journalist
 - B volarly in a 26 year-old manicurist
 - C volarly in a 10 year-old boy
 - D volarly in a retired lumberjack
 - E in Caucasian men of any age
- 12 Which of the following conditions is a 27 year-old Norwegian bachelor farmer likely to have?
- A osteoarthritis at the thumb base
 - B dorsal wrist ganglion
 - C triggering in both ring fingers
 - D carpal tunnel syndrome
 - E Dupuytren's contracture in both index fingers

13 Strategies useful for reducing the risk of overuse syndrome from computer use include

- A keyboarding in a supine position
- B keyboarding in a prone position
- C alternating mouse use between both hands
- D relaxing at night with an engaging video game
- E placing the computer screen in line with right hand with light coming over the left shoulder

14 Stockbroker's elbow describes

- A a martial arts technique useful on a crowded trading floor
- B a degenerative tendon condition exacerbated by tennis after the market has closed
- C a nerve palsy exacerbated by extensive and frequent cold calling
- D a variation of "stockbreaker's elbow," also known as cowpuncher's arm
- E an osteoarthritic condition most frequently seen in bulls and bears

15 Which technological advance has not particularly improved hand safety in the car?

- A airbags
- B turn signals
- C air conditioning
- D divided highways
- E anti-rollover technology

16 A dull knife is more dangerous than a sharp knife because

- A it is older and harbors more bacteria
- B cutting chicken parts proceeds slowly causing lost productivity
- C infrequent contact with a sharpener reduces its magnetism
- D when out of control it goes farther and faster
- E its inefficiency encourages ordering diet-busting carryout

17 Why would a fingertip amputation likely heal better if it was caused by a snow blower rather than a lawnmower?

- A relative cleanliness of the blades
- B relative sharpness of the blades
- C relative temperature of the blades
- D relative velocity of the blades
- E relative thickness of the blades

18 The specialty of hand surgery came about

- A when Dupuytren became tired of treating appendicitis and subdural hematomas
- B during World War II when the need for a regional specialty was recognized
- C when Egyptian pharaohs were having trouble finding tomb builders
- D when loupe magnification was developed to the point that surgeons could actually see digital nerves
- E when antibiotics were finally available to treat paronychia and tenosynovitis

- 19 Sign language interpreters can reduce their risk of overuse syndrome by
- A increasing their signing vocabulary to reduce the need for finger spelling
 - B signing frequently for people who are both deaf and blind
 - C avoiding warm-up and stretching exercises, which reduce their muscles' reserves
 - D signing regularly at 4 hour non-stop seminars
 - E wearing heavy gloves and "shouting" by making large gestures
- 20 Which undiseased joint has more person-to-person variability of motion
- A distal interphalangeal joint of the non-dominant small finger
 - B radiocarpal joint
 - C intercarpal joint
 - D 5th carpometacarpal joint
 - E metacarpophalangeal joint of the thumb
- 21 Which fraction of people have a palmar longus?
- A 2/7
 - B 3/7
 - C 4/7
 - D 5/7
 - E 6/7
- 22 Isaac Newton marveled, "In the absence of any other proof, the _____ alone would convince me of God's existence."
- A sunset
 - B rose
 - C mountain stream
 - D cheetah
 - E thumb
- 23 Thumb reconstruction by toe transfer has the following advantage over a pollicization.
- A less complicated surgery
 - B can restore a 5-digit hand
 - C improved sensibility
 - D improved motion
 - E improved strength
- 24 Surgeons with missing fingers
- A are often forced to change careers
 - B have a high incidence of stump sensitivity
 - C lose proficiency on piano and violin
 - D require custom gloves for use during surgery
 - E find all aspects of operating more difficult

- 25 In the past several hundred years, the most common cause of major upper limb amputations has been
- A warfare
 - B infection
 - C tumor
 - D diabetes
 - E frostbite
- 26 What percentage of people are naturally left handed?
- A 0-5
 - B 5-10
 - C 10-15
 - D 15-20
 - E 20-25
- 27 The expression “southpaw” stems from
- A social behavior among wolves
 - B South Beach culture
 - C immigrants from South America
 - D baseball and position of afternoon sun
 - E the French “sudfaux”
- 28 The Guinness Book record for walking on hands is
- A 160 yards a day for 2 months (6 miles)
 - B 1.6 miles a day for 2 months (96 miles)
 - C 16 miles a day for 2 weeks (224 miles)
 - D 16 miles a day for 2 months (870 miles)
 - E 16 miles a day for 2 years (10,442 miles)
- 29 “Arm pump” (aching forearm related to prolonged gripping and jarring) is a common complaint of
- A pro golfers
 - B pole vaulters
 - C rope climbers
 - D dirt bike racers
 - E white water kayakers
- 30 Bowler’s thumb is a problem of
- A tendon
 - B bone
 - C artery
 - D cartilage
 - E nerve

- 31 The joint prone to injury in 10 meter platform diving is the
- A wrist
 - B elbow
 - C acromioclavicular joint
 - D glenohumeral joint
 - E Cervical 5-6
- 32 Which digit is particularly vulnerable to faulty technique in rodeo steer roping?
- A thumb
 - B index
 - C middle
 - D ring
 - E small
- 33 Professional boxers are likely to sustain a skeletal injury at the
- A small finger metacarpal neck
 - B small finger carpometacarpal joint
 - C index finger carpometacarpal joint
 - D thumb metacarpophalangeal joint
 - E thumb interphalangeal joint
- 34 Faulty technique in arm wrestling can result in
- A metacarpal compression fracture
 - B wrist dislocation
 - C both bones forearm fracture
 - D radial head fracture
 - E spiral humerus fracture
- 35 Frostbite is most likely seen in
- A Winnipeg
 - B Minneapolis
 - C Baltimore
 - D Atlanta
 - E Orlando
- 36 Epsom salt soaks are useful for
- A drying up weeping abrasions and scratches
 - B relieving arthritic aches
 - C relieving trigger digit
 - D removing wrinkles and blemishes
 - E substituting for the benefits of chondroitin sulfate
- 37 Rank these bite injuries in order from worst to least problematic when the injury is neglected.
- A dog, cat, human
 - B human, dog, cat
 - C cat, human, dog
 - D human, cat, dog
 - E dog, human, cat

- 38 Pumpkin carver's finger describes one form of
- A callus patterns on professional vegetable sculptors' hands
 - B flexor tendon and digital nerve lacerations
 - C triggering with forceful ripping
 - D allergic rash with prolonged exposure to pumpkin pulp
 - E paronychia associated with extensive moisture exposure
- 39 Aching bones and joints associated with weather changes are
- A myths propagated by the pharmaceutical industry
 - B associated with pressure changes in bone
 - C perceived in the peripheral nervous system but generated from changes in the central nervous system
 - D associated with circulatory changes in the digital arteries
 - E associated with pressure changes within zone 2 flexor tendons
- 40 The custom of shaking hands upon meeting, greeting, and farewell likely originated
- A between sword-wielding adversaries
 - B in Victorian England
 - C in the court of Catherine the Great
 - D in Tijuana about 1840
 - E among Eskimos on polar bear hunts
- 41 Hand motifs first appeared on coins in
- A Babylonia
 - B ancient Egypt
 - C ancient Greece and Rome
 - D Aztec Central America
 - E French Polynesia
- 42 How did saluting probably get started?
- A Roman soldiers shaded their eyes from intense light beaming from their superiors' eyes
 - B While passing one another on horseback, armored knights raised their visors with their right hands to allow for mutual recognition
 - C One day at a tournament, a contestant shielded his eyes from the dazzling beauty of some fair maiden watching from the stands
 - D Removing one's head gear repeatedly in the presence of an officer became impractical, so a hand movement became the acceptable substitute.
 - E At a time when assassins used knives, one could only approach a public official with the right hand raised and obviously empty.
- 43 Bird in Hand, PA, Left Hand WV, Finger, TN, and Hand County, SD
- A were named by early hand therapists passing through on their way west
 - B all support at least one hand therapist.
 - C are all real places
 - D are all named after early settlers in each area
 - E when connected by straight lines on the map depict a clenched fist.

- 44 Use of rubber gloves in surgery originated
- A in ancient Egypt
 - B in the 1840s in Boston
 - C in the 1890s in Baltimore
 - D in the early 1900s in London
 - E during World War II
- 45 Cancer under the fingernail is sometimes misdiagnoses as either
- A a wart or a subungual hematoma
 - B a wart or a paronychia
 - C a paronychia or a subungual hematoma
 - D a pulp infection or a hang nail
 - E a split nail or an ingrown nail
- 46 Rings pose a particular problem when
- A climbing over chain link fences
 - B washing delicate china
 - C dealing cards during poker marathons
 - D shaking hands at conventions
 - E slicing bagels and avocados
- 47 Advertisers seeking hand models tend to disdain
- A hands over 30 years old
 - B relatively hairless hands
 - C hands with blisters or paper cuts
 - D male hands
 - E tanned hands
- 48 Tightness and swelling of hands left in dependent positions for prolonged periods of time are related to
- A fluid shifts
 - B nerve ischemia
 - C muscle inactivity
 - D vascular insufficiency
 - E cartilage catabolism
- 49 The world's largest hand drawings are in
- A a Peruvian desert
 - B an Iowa cornfield
 - C a Russian lakebed
 - D an Antarctic ice shelf
 - E China north of the Great Wall

50 The virtuosity of Rachmaninov and Paganini's hands may have been related to their hands'

- A size and flexibility
- B independent ring finger extension
- C stability at the thumb metacarpophalangeal joints
- D limited forearm rotation
- E unusual fingernail configuration

51 The Finger Lakes in New York were named

- A for John Finger, the area's first British explorer
- B by the Iroquois Indians for the lakes' shapes and orientation to one another
- C because of obscene gestures made by the region's settlers to passing wagon trains
- D because of the lake's proximity to a large palm forest
- E because large rocky outcroppings at the ends of the lakes reminiscent of fingernails

52 Which digit has a rose, a breed of dogs, and a certain archery bows and golf courses named after it?

- A thumb
- B index
- C middle
- D ring
- E small

53 The shape of the lower peninsula of Michigan resembles

- A a mitten hand
- B the shape of the upper peninsula
- C an infant's fist
- D Michelangelo's hand of Adam
- E Albrecht Durer's "Praying Hands"

54 Which of the following anatomical parts is most common in expressions of English speech (for example, "two left feet")?

- A thumb
- B finger
- C hand
- D elbow
- E shoulder

55 Disembodied hands have been featured most often in

- A punk rock music lyrics
- B American movie scripts
- C Finnish architectural embellishments
- D 19th Century British poetry
- E New England scrimshaw carvings

56 Development of hand transplantation as a routine treatment is difficult because of issues regarding

- A immunology
- B microsurgical technique
- C donor availability
- D recipient needs
- E cultural taboos

57 Microsurgery got its start

- A in the 1960s in multiple countries
- B in 1980 in Moline, Illinois
- C during World War II at American Army bases
- D during the Han Dynasty in China
- E in pre Civil War New Orleans

58 The usefulness of leeches for salvaging dysvascular replanted digits hinges on the

- A anticoagulant properties of their saliva
- B repugnance of their appearance
- C exothermic flatworm phenomenon of McGuire
- D stimulation of primate nerve regeneration
- E tissue massage created by their repeated attachment and detachment

59 Total joint replacement is not a good choice for elbow reconstruction in a young adult because of the issue of

- A durability
- B cost
- C immune response
- D limited pain relief
- E airport security

60 Development of bionic hands, along with many surgical advances, often makes strides during times of

- A war
- B recession
- C pestilence
- D prosperity
- E global warming

61 What is often appropriate before a patient goes for an MRI of the hand?

- A a second opinion
- B determination of net worth
- C removal of dental fillings
- D a 30 day trial of glucosamine
- E EMG's on 3 consecutive days

62 Which factors are most important in whether an airport security system will detect implanted metal?

- A size and composition of the implant
- B proximity of the implant to the skin's surface
- C a wide difference between body and ambient temperatures
- D the traveler's body mass index
- E recent ingestion of chondroitin sulfate and other sulfated nutraceuticals

63 Which of the following animals is best for studying the mechanisms of limb regeneration?

- A Amazonian sloths
- B desert lizards
- C Leghorn chicken
- D North American salamanders
- E medicinal leeches