Multiple Choice Questions

1. The scapula performs multiple movements which can be classified as:
   a. 2 rotations and 3 translations
   b. 3 rotations and 3 translations
   c. 3 rotations and 2 translations
   d. 2 rotations and 2 translations

2. Less load is placed on the clavicle as the arm is elevated past 90 degrees.
   a. True
   b. False

3. The primary restraints to superior and posterior motion are the:
   a. AC ligaments
   b. CC ligaments
   c. CA ligament
   d. GH ligaments

4. The “3rd” translation of the scapula is described as:
   a. Disruption of the AC joint causing lateral displacement of the scapula in relation to the clavicle
   b. Disruption of the CC ligaments causing lateral displacement of the scapula in relation to the clavicle
   c. Disruption of the CC ligaments causing medial displacement of the scapula in relation to the clavicle
   d. Disruption of the AC joint causing medial displacement of the scapula in relation to the clavicle

5. A fractured clavicle which is either angulated and/or rotated is best treated with surgical intervention
   a. True
   b. False

6. Following AC joint injury, the rehabilitation should focus on:
   a. Long lever scapular exercises
   b. Short lever scapular exercises
   c. Classic rotator cuff program
   d. PNF upper extremity patterns

7. Patients with high grade AC injury have successful functional outcomes with conservative treatment of their injury
   a. True
b. False

8. Traditional methods of strengthening the serratus anterior i.e push-up plus, open chain punching are not advocated in the treatment of AC joint injury or clavicular fracture because:
   a. These methods encourage protraction and internal rotation of the scapula which are ill advised
   b. These methods encourage retraction and internal rotation of the scapula which are ill advised
   c. These methods encourage retraction and external rotation of the scapula which are ill advised
   d. These methods encourage protraction and external rotation of the scapula which are ill advised