LECTURE 1: IMAGING ELBOW TENDONS

QUESTION 1:
Flexion Abduction and Supination (FABS) positioning of the elbow can be used to better assess the:
   a. trochlear cartilage
   b. common flexor tendon
   c. biceps tendon
   d. common extensor tendon

Correct Answer = C
Rationale: The flexion abduction and supination position profiles the biceps tendon in its long axis allowing for better visualization. The common flexor and extensor tendon are redundant in this position. Articular cartilage is not well profiled.

QUESTION 2:
Lateral epicondylitis has been reported to have associated injuries of the:
   a. lateral ulnar collateral ligament
   b. common flexor tendon
   c. lacertus fibrosus
   d. brachioradialis muscle

Correct Answer = A
Rationale: Lateral epicondylitis is an injury of the common extensor, not flexor tendon. There is no relationship of injury to the common extensor tendon with the lacertus fibrosus, a structure that is associated with the biceps brachii. Similarly, the brachioradialis has no association with CET injury.

LECTURE 2: IMAGING ELBOW LIGAMENTS

QUESTION 1:
The anterior band of the ulnar collateral ligament attaches at the:
   a. sublime tubercle
   b. annular ligament
   c. radial head
   d. supinatore crest

Correct Answer = A
Rationale: The sublime tubercle is the most medial aspect of the coronoid process and serves as the attachment of the anterior band of the ulnar collateral ligament. The annular ligament stabilizes the proximal radioulnar joint, and is not in proximity to the UCL. The UCL is on the ulnar, not radial side of the joint. The supinatore crest is on the radial side of the ulna and serves as the attachment site of the LUCL.
QUESTION 2:
The primary stabilizers of the elbow joint include all of the following except:
   a. Anterior band ulnar collateral ligament
   b. Lateral ulnar collateral ligament
   c. Ulnohumeral articulation
   d. Biceps muscle and aponeurosis
Correct Answer = D
Rationale: The anterior band of the UCL, the LUCL, and the ulnohumeral osseous structures are the primary stabilizers of the elbow joint. The common flexor and extensor tendons and muscles are the secondary (dynamic) stabilizers of the elbow joint. The biceps attaches distal to the joint at the radial tuberosity and does not have a primary stabilizing role to the elbow.

LECTURE 3: MISC. CONDITIONS OF THE SHOULDER: COMMONLY ENCOUNTERED, OFTEN MISSED

QUESTION 1:
Findings of adhesive capsulitis include:
   a. full range of motion clinically
   b. preservation of subcoracoid fat on MRI
   c. rotator cuff interval edema on MRI
   d. fractures of the anterior inferior glenoid
Correct Answer = C
Rationale: Patients with adhesive capsulitis have decreased range of motion clinically. They have effacement of the fat beneath the coracoid on MRI studies, and have edema in both the rotator cuff interval and axillary pouch capsular regions with avid enhancement after intravenous contrast administration. Fractures of the anterior inferior glenoid are associated with anterior instability.

QUESTION 2:
A lesion causing mass effect in the spinoglenoid notch could affect which muscle?
   a. Deltoid
   b. Supraspinatus
   c. Infraspinatus
   d. Teres Minor
Correct answer = C
Rationale: The axillary nerve in the quadrilateral space innervates the teres minor and deltoid. The suprascapular nerve innervates both the supraspinatus and infraspinatus muscles, however the only the infraspinatus is innervated by suprascapular nerve in its spinoglenoid notch position.