**Elbow Questions**

Question 1. The elbow is comprised of the following ligaments:

1. Lateral collateral ligament, superior collateral ligament, annular ligament
2. Medial collateral ligament, lateral collateral ligament, annular ligament
3. Angular ligament, medial collateral ligament, lateral collateral ligament
4. Inferior collateral ligament, Superior ligament, angular ligament

Question 2: The elbow is most unstable in which position?

1. Elbow in approximately 90degrees of flexion with forearm in neutral
2. Elbow in full flexion with forearm in pronation
3. Elbow in full extension with forearm in supination
4. None of the above

Question 3: Which is the prime elbow flexor muscle and recognized as the “work horse of the elbow joint?”

1. Bicep brachii
2. Brachialis
3. Brachioradialis
4. Anconeus

Question 4: What forearm position do you instruct that patient to be in to isolate the brachialis muscle during manual muscle testing?

1. Pronation
2. Supination
3. Neutral
4. There is no specific forearm position for assessing this muscle.

Question 5: What is the most common type of elbow dislocation in event of a fall or impact injury?

1. Medial dislocation
2. Anterior dislocation
3. Lateral dislocation
4. Posterior dislocation

Question 6: “Hitting the funny bone” is actual know as what type of injury?

1. Medial epicondyle micro fracture
2. Ulnar nerve acute compression
3. Medial nerve acute compression
4. Olecranon fracture

Question 7: Tennis elbow (lateral epicondylosis) is being more recognized as a degenerative process of the tendon origin of which muscle?

1. ECRL
2. ECRB
3. Supinator
4. Brachioradialis

Question 8: If a patient presents with a diagnosis of medial epicondylitis, then they ***most likely*** will have pain with:

1. Resistive wrist extension
2. Resistive forearm supination
3. Resistive wrist flexion
4. Resistive digit extension

Discussion Question 1: You are presented with a 63 year old male, right hand dominant, who has a stiff right elbow and unable to fully extend it. No precautions. The patient is retired and enjoys his time on the golf course and yardwork. Discuss what activities you may engage the patient in to help the patient gain more elbow extension. Respond to at least 2 other classmates.