

You must fill out the information below to receive your results and possible CME credit. You must correctly answer 70% or more of the five questions below to be awarded CME credit. Submit completed test to [jenny@societyhq.com](mailto:jenny@societyhq.com) for scoring.

Name:

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#### **Module 4: The Osteopathic Evaluation and Treatment of Ankle Injuries**

1. Which of the following is the most common type of ankle sprain?
  - A. Aversion
  - B. Eversion
  - C. Inversion
  - D. Reversion
  - E. Rotation
  
2. Which of the following is the weakest ligament of the ankle and most likely to be damaged in a sprain?
  - A. Anterior talocalcaneal
  - B. Anterior talofibular
  - C. Calcaneofibular
  - D. Posterior talocalcaneal
  - E. Posterior talofibular
  
3. Which of the following OMT modalities is most helpful in the management of an acute ankle sprain?
  - A. Craniosacral
  - B. HVLA fibular head
  - C. Muscle energy thoracic
  - D. Rib raising
  - E. Strain-counterstrain ATFL

4. A 16 year old presents to ER with ankle pain after soccer practice and is diagnosed with a grade 2 sprain. OMT is performed in the ER for the ankle sprain. Which of the following is an expected outcome immediately after OMT?
- A. Decreased ROM of ankle
  - B. Less ankle pain
  - C. Less need for NSAIDS
  - D. Improved ROM of ankle
  - E. Increased swelling of the ankle
5. An 11 year old boy presents to your office with right ankle pain after rolling his ankle during a basketball game in gym. His ankle is swollen and he has tenderness along the posterior edge of the distal fibula. Which of the following is the most appropriate?
- A. ACE wrap ankle and crutches
  - B. Observation
  - C. OMT
  - D. Return to play
  - E. X-ray ankle