



Development of innovative training solutions in the field of functional evaluation aimed at updating of the curricula of health sciences schools



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MODULE BIOMECHANICS OF SPINE

Didactic Unit C: HOW DO I ASSESS SPINE?

C.1. What methods may I apply to assess the function of the spine appropriately?

Self-Questionnaire

Self-questionnaire:

- Self-questionnaire aimed to test the knowledge acquired.
- It will include 5 objective questions with 4 answer options.
- Mark in bold the correct answer.

Type of questions:

- **Drag and drop into text:** Students select missing words or phrases and add them to text by dragging boxes to the correct location. Items may be grouped and used more than once.
- **Drag and drop markers:** Students drop markers onto a selected area on a background image. Unlike the drag and drop onto image question type, there are no predefined areas on the underlying that are visible to the student.
- **Drag and drop onto image:** Students make selections by dragging text, images or both to predefined boxes on a background image. Items may be grouped.
- **Matching:** A list of sub-questions is provided, along with a list of answers. The respondent must “match” the correct answers with each question.
- **Multichoice:** With the Multichoice question type you can create single-answer and multiple-answer questions, include pictures, sound or the other media in the question and/or answer options and weight individual answers.
- **Select missing words:** Students select a missing word or phrase from a dropdown menu. Items may be grouped and used more than once.
- **True/False:** In response to a question (that may include an image), the respondent selects from two options: True or False.

Question 1

A woman of 37 years of age feels pain in her right arm. On medical examination and additional tests, a herniated nucleus pulposus is confirmed between C5-C6 and radiculopathy at C6. Due to the radiculopathy, an excision was carried out on the herniated disk with surgical arthrodesis, making the symptoms disappear. With this information, and taking into account the classification according to the AMA's Injury Model, what impairment does the patient have before the operation?

- A Grade V, due to serious neurological damage in the upper limb.
- B There is no impairment according to the AMA's table.
- C **Grade III (radiculopathy), corresponding to a global body impairment of 15%.**
- D None is correct.

Question 2

The patient in the previous question undergoes a complete assessment of cervical mobility. What technique could be used for this?

- A Classic goniometry
- B Inclinometers
- C Photogrammetry
- D **All of the above instruments can be used to measure mobility, but photogrammetry provides greater detail and less room for error.**

Question 3

Which of these scales assesses cervical spine?

- A Roland Morris and Quebec Task Force.
- B Oswestry Disability Index (ODI)
- C **Northwick Park Questionnaire**
- D None of the above.

Question 4

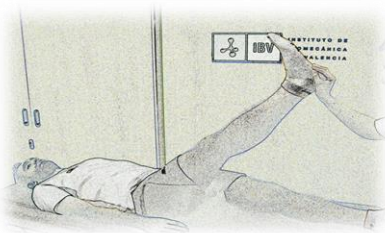
Match the name of each exploratory test with its corresponding picture:



Jackson manoeuvre / axial



Reverse Lasègue



Reverse Lasègue



Cervical traction

Question 5

Answer true or false (T or F):

- A. The Valsalva manoeuvre increases intra-abdominal pressure, at the same time increasing intra-rectal pressure. This increase in pressure will cause radicular pain in cases where there is a conflict of space due to discal or tumoural pathology. **T**
- B. Schöber's test is positive (pathological) when the distance between the points marked is greater than 5 cm on flexing the trunk as much as possible. **F**
- C. Reverse Lasègue is used to explore radicular pain caused by upper lumbar pathology (L3- L4). **T**
- D. The Spurling test or radicular stretching manoeuvre causes or reproduces radicular cervical pain if there is irritation of a nerve root. **T**



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