

ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1

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Illinois Practice Edge, September 16, 2021

PATELLOFEMORAL PAIN SYNDROME

1. Which of the following has a higher incidence of CMP?
 - A. Male
 - B. Female
 - C. Equivalent
 - D. None of the above

2. What stage of CMP shows full thickness fasciculations?
 - A. 1
 - B. 2
 - C. 3
 - D. 4

3. Which of the following is NOT a listed risk factor for CMP?
 - A. Pes planus
 - B. Pes cavus
 - C. Lateral tracking disorder
 - D. Tight knee capsule

4. Which of the following are weak with patellofemoral pain?
 - A. Quadriceps
 - B. Piriformis
 - C. Soleus
 - D. Hamstring

5. When is meniscal pain produced during a two-legged squat?
 - A. Beginning
 - B. Descent
 - C. Ascent
 - D. Bottom

6. How often should runners change shoes, in miles?
 - A. 200-400
 - B. 250-500
 - C. 300-600
 - D. 350-700

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I attest that I have read the articles and answered the test questions for this issue 09/16/21.

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