**Caring for Muscle and Bone Injuries**

From Brady’s First Responder (8th Edition)

54 Questions

1. What do injuries to the shoulder often produce?
p. 393

\*A.) Anterior dislocation
B.) Superior dislocation
C.) Proximal dislocation
D.) Posterior dislocation

2. When placing a patient who has a minor closed head injury
into the recovery position, where should the hand be
placed?
p. 412

\*A.) Under the cheek
B.) Under the chest
C.) Over the face
D.) Over the head

3. Which rescuer will check and clear the airway, provide
ventilations and apply a collar when removing a helmet?
p. 423

A.) Rescuer 1
\*B.) Rescuer 2
C.) Neither rescuer 1 nor 2
D.) Either rescuer 1 or 2

4. Which is an ideal situation when the patient is wearing a
football helmet and shoulder pads and a spinal injury is
suspected?
p. 419

A.) Leave helmet on and remove shoulder pads
B.) Remove helmet and shoulder pads
C.) Remove helmet and leave shoulder pads on
\*D.) Leave helmet and shoulder pads on

5. What material is the more commonly used inflatable splint
made from?
p. 388

A.) Metal
B.) Aluminum
C.) Paper
\*D.) Plastic

6. How will the patient present when a posterior hip
dislocation has occurred?
p. 400

A.) Leg rotated outward and the knee is usually straight
B.) Leg rotated outward and the knee is usually bent
C.) Leg rotated inward and the knee is usually straight
\*D.) Leg rotated inward and the knee is usually bent

7. What should you do when assessing deformity in the
patient's extremities?
p. 377

A.) Ask the patient if it looks normal
\*B.) Compare it to the other side
C.) Hold it in an upright position
D.) Look at it from different angles

8. Which of the following is likely to be injured when a
lateral blow to the shoulder occurs?
p. 376

A.) Elbow
B.) Neck
\*C.) Clavicle
D.) Wrist

9. What should be done first during your initial assessment
of the patient?
p. 379

A.) Focus on obvious injuries
B.) Determine the number of patients
\*C.) Assess mental status
D.) Determine mechanism of injury

10. What should be used to assess circulation, motor function
and sensation when splinting an injury?
p. 384

\*A.) Fingers and toes
B.) Ankles and wrists
C.) Elbows and knees
D.) Forearms and shins

11. Which is NOT a location that you should tie a cravat when
immobilizing a pelvic injury with a blanket roll?
p. 400

A.) At the ankles
\*B.) Around the waist
C.) Below the hips
D.) Below the knees

12. Which of the following is NOT a sign of an open head
injury?
p. 408

A.) Clear or yellow fluid leaking from the nose
B.) Feel a crack in the skull
\*C.) Bleeding from the scalp
D.) Eyelids are swollen and shut

13. What type of injury is seen when the breastbone breaks
away from the ribs?
p. 425

\*A.) Flail chest
B.) Dislocation
C.) Sucking wound
D.) Pneumothorax

14. At what age does the soft spot on the top of the infant's
head close up completely?
p. 405

A.) 9 to 12 months
\*B.) 18 to 24 months
C.) 24 to 36 months
D.) 36 to 48 months

15. What is caused by overexerting or tearing of a muscle?
p. 375

A.) Dislocation
B.) Sprain
C.) Fracture
\*D.) Strain

16. How many bones are found in each wrist?
p. 372

A.) 4
B.) 10
\*C.) 8
D.) 6

17. What should be placed between the injured arm and the
patient's chest when splinting an injured shoulder?
p. 394

A.) Splint board
\*B.) Padding
C.) Dressing
D.) Swathe

18. At what angle should the patient's upper body be placed
when he is responsive with minor closed injury to the
cranium?
p. 411

A.) 60-degree
\*B.) 45-degree
C.) 30-degree
D.) 90-degree

19. Which of the following is the only movable joint in the
face?
p. 405

A.) Orbit
B.) Malar
C.) Maxilla
\*D.) Mandible

20. Where should you suspect injury to the spine when there is
diaphragmatic breathing but the patient can feel the arms?
p. 416

A.) No injury
B.) In the neck
C.) Lower spinal cord
\*D.) Below the neck

21. Which of the following should NOT be done when caring for
possible fracture or dislocation of the lower jaw?
p. 412

A.) Maintain an open airway
\*B.) Tie the patient's mouth shut
C.) Dress any open wounds
D.) Keep the patient at rest

22. Where should the cold pack be placed if the patient
suffers from the added pressure on the injury?
p. 380

A.) Just below the injury
\*B.) Just above the injury
C.) To the interior of the injury
D.) To the exterior of the injury

23. Which of the following should NOT be done with wrist or
hand injuries?
p. 396

\*A.) Apply manual traction
B.) Administer oxygen
C.) Apply manual stabilization
D.) Maintain the position of function

24. Which finding is rare when treating a patient with a spine
injury?
p. 413

A.) Loss of bowel or bladder control
B.) Paralysis to the arms and/or legs
\*C.) Feeling pieces of broken bones along the spine
D.) Burning sensations along the spine

25. What is the first thing you should do when splinting the
patient?
p. 382

\*A.) Assess and reassure the patient
B.) Expose the injury site
C.) Control all major bleeding
D.) Splint injuries before moving the patient

26. What must be open for an open head injury to exist?
p. 375

A.) Scalp
B.) Skin
\*C.) Cranium
D.) Dura

27. How many bones are in what is commonly called the spine?
p. 405

A.) Twelve
B.) Six
C.) Nine
\*D.) Seven

28. Where should you place yourself when manually stabilizing
a patient's head and neck?
p. 418

A.) At the patient's feet
\*B.) Top of the patient's head
C.) Side of the patient's head
D.) Across the patient's chest

29. What action is taken when performing manual traction while
splinting an injured limb?
p. 384

\*A.) Pulling
B.) Twisting
C.) Pushing
D.) Squeezing

30. How many people should be used to remove a helmet?
p. 419

A.) Three
B.) Four
\*C.) Two
D.) One

31. Where should padding be placed when splinting an arm with
the elbow straight?
p. 392

A.) Elbow
B.) Shoulder
C.) Wrist
\*D.) Armpit

32. What should be done to immobilize a lower extremity
injury?
p. 384

A.) Immobilize it above and below the injury
\*B.) Secure the lower extremities to each other
C.) Secure it to the torso
D.) Wrap it in a pressure dressing

33. What should be placed in the patient's hand to maintain a
position of function when treating for a wrist injury?
p. 396

A.) Pen or pencil
\*B.) Roll of dressing
C.) Fingers of the other hand
D.) End of the swathe

34. What is often times the only symptoms of most
musculoskeletal injuries?
p. 369

A.) Discoloration
\*B.) Pain
C.) Deformity
D.) Swelling

35. Where will the blanket roll be placed when treating a
patient for a fracture to the pelvic girdle?
p. 399

A.) On top of the legs
B.) Lateral side of the legs
\*C.) Between the legs
D.) Under the legs

36. What are the bones that form the upright axis of the body?
p. 370

\*A.) Axial skeleton
B.) Support skeleton
C.) Movement skeleton
D.) Appendicular skeleton

37. What should you treat any injury caused by a strong force
to the extremities?
p. 375

A.) Sprain
B.) Dislocation
C.) Strain
\*D.) Fracture

38. What position should the elbow be immobilized in when
treating an elbow injury?
p. 395

A.) Position of function
B.) Position of comfort
C.) Position of usability
\*D.) Position it was found

39. Which type of splint should be used for injuries to the
ankle or foot?
p. 390

A.) Traction splint
B.) Air splint
\*C.) Soft splint
D.) Rigid splint

40. Where can you place your hand to determine if the injury
is to the elbow?
p. 395

A.) On the back of the hand
\*B.) On the back of the elbow
C.) On the back of the shoulder
D.) On the back of the wrist

41. Where should the swathe be placed to minimize movement of
the shoulder?
p. 388

A.) High over the uninjured arm
B.) Low over the uninjured arm
\*C.) Low over the injured arm
D.) High over the injured arm

42. Which is fractured with the boot-top injury?
p. 402

\*A.) Tibia
B.) Patella
C.) Carpals
D.) Femur

43. Which of the following should NOT be done when treating
for a cranium injury?
p. 411

A.) Control bleeding
B.) Use the jaw-thrust maneuver
\*C.) Stop the flow of CSF from the ears
D.) Provide with 100% oxygen

44. How many cravats should be prepared when applying a soft
splint to the pelvic girdle injury patient?
p. 399

A.) Two
B.) Six
\*C.) Four
D.) Eight

45. What should be immobilized when treating a patient with
injuries to the fingers?
p. 397

A.) Only the injury site
B.) Joints above and below the injury site
C.) Joints below the injury site
\*D.) Joints above the injury site

46. Which of the following is NOT a way to test the lower
extremities for responsiveness?
p. 415

\*A.) Foot grasp
B.) Foot push/pull
C.) Foot movement
D.) Toe touch

47. What is a characteristic stance of the patient suffering a
rib fracture?
p. 424

A.) Lean away from the side of the injury with a hand pressed
over the injury
B.) Lean away from the side of the injury with a hand pressed
opposite the injury
C.) Lean toward the side of the injury with a hand pressed
opposite the injury
\*D.) Lean toward the side of the injury with a hand pressed
over the injury

48. What does checking for sensation and motor function give
you information about the status of in the injured
extremity?
p. 379

A.) The bones
\*B.) The nerves
C.) The muscles
D.) The blood vessels

49. Which type of injury occurs when a patient breaks a fall
on an outstretched hand and dislocates his shoulder?
p. 372

A.) Twisting
\*B.) Indirect
C.) Direct
D.) Pulling

50. What is the site of many reflexes?
p. 406-407

A.) Brain
B.) Skin
\*C.) Spinal cord
D.) Muscles

51. Which of the following may be a sign of a head injury and
a spinal cord injury?
p. 409

\*A.) Paralysis to one side of the body
B.) Headache following the incident
C.) Altered mental status
D.) Unequal, unresponsive or dilated pupils

52. Which of the following is NOT protected by the lower ribs?
p. 406

A.) Spleen
B.) Liver
C.) Gallbladder
\*D.) Heart

53. Which will maintain traction after it is secured to the
patient?
p. 385

A.) Mobile splint
\*B.) Rigid splint
C.) Flexible splint
D.) Blanket splint

54. What can result from pressure on nerves caused by swelling
or broken bones?
p. 378

\*A.) Numbness or tingling
B.) Sound of grating
C.) Inability to move a joint
D.) Loss of distal pulse