

Effective in 2014, the CPD programme for SAJSM is administered by Medical Practice Consulting:  
CPD questionnaires must be completed online at [www.mpconsulting.co.za](http://www.mpconsulting.co.za)  
A maximum of 3 CEUs will be awarded per correctly completed test.

### TRUE OR FALSE

#### Radiological changes among artistic gymnasts

1. Lower back (spinal) injuries account for ~80% of injuries in women's gymnastics.
2. Back injuries in gymnasts usually have a sudden onset.
3. Degenerative disc disease and spinal injuries are more frequent in competitive female gymnasts than in asymptomatic non-athletic people of the same age.

#### The effect of semi-rigid ankle bracing on injured v. non-injured adolescent female hockey players

4. Ankle bracing reduces the functional proprioceptive ability of the ankle joint due to limited movement in the frontal and transverse planes.
5. Prolonged prophylactic ankle bracing decreases the neural firing of the proprioceptors, which delays the activation of the ankle evertors, resulting in recurring ankle inversion sprains.
6. Prophylactic semi-rigid ankle bracing is an effective rehabilitative management device for ankle injuries.

#### Pedometer-measured v. self-reported physical activity and current physical guidelines

7. Self-reported measures of physical activity are accurate and are therefore typically considered to be objective measures.
8. Pedometers traditionally present intensity-based information about physical activity, with little or no reference to volume.
9. Nearly 40% of participants who met guidelines for physical activity did not reach the 10 000 steps/day target.

#### Doping in sport: Attitudes, beliefs and knowledge of Gauteng high school athletes

10. Over 50% of the athletes said that they would consider using a prohibited performance-enhancing drug if they knew they would not get caught.

11. Effective testing continues to be an important component of anti-doping initiatives.
12. The risk of doping appears to be highest in speed and power sports.

#### Dietary supplements containing prohibited substances

13. Prohormones are listed as permitted substances on the World Anti-Doping Agency (WADA) list.
14. Male users of steroids concurrently use tamoxifen or other agents to prevent or treat gynaecomastia.
15. Prostanazol, methasterone and andostatrienedione are examples of designer steroids.

#### Abrasion injuries on artificial turf

16. There is a decreased number of abrasion injuries on artificial turf compared with natural grass.
17. The mechanism of laceration injuries is similar to abrasion injuries.
18. Sliding on natural grass resulted in more erythema but fewer abrasions compared with sliding on artificial turf.

#### A case of cyclist's nodule in a female patient

19. A cyclist's nodule is a frequently diagnosed condition of the perineum affecting mostly female cyclists.
20. The differential diagnosis of cyclist's nodule includes abscess, epidermal cyst, lipoma, and benign and malignant tumours.

### INSTRUCTIONS

1. Read the journal. All the answers will be found there.
2. Go to [www.mpconsulting.co.za](http://www.mpconsulting.co.za) to answer questions.

Accreditation number: MDB001/015/01/2014 (Clinical)

