1. As a major weight-bearing joint, the knee is a common site of osteoarthritis (OA).
2. Meniscal tears are a common predisposing injury.
4. Knee OA never presents with a joint effusion.
5. Morning stiffness with a duration of more than 30 minutes should prompt consideration of an inflammatory joint disease.
6. Erythrocyte sedimentation rates and C-reactive protein levels may be mildly elevated in knee OA.
7. Radiographic changes are always present in symptomatic knee OA.
8. Radiographs characteristically show symmetrical loss of joint space in primary knee OA.
9. Weight loss can improve symptoms and function in knee OA.
10. Exercise kicks off a vicious cycle of events that worsens the disease and should not be recommended.
11. Quadricep-strengthening exercises should only be performed under the supervision of a physiotherapist.
12. If taken for chronic pain management, nonsteroidal anti-inflammatory drugs (NSAIDs) should be prescribed with a proton-pump inhibitor.
13. Tramadol is added if adequate analgesia is not achieved with paracetamol and NSAIDs.
14. There is strong evidence that glucosamine is an effective treatment for knee OA.
15. There is no role for intra-articular corticosteroid injections in the management of knee OA.
16. Medial patellar taping realigns the patella in the intertrochlear groove and is a useful adjunct in the management of patellofemoral OA.
17. Walking sticks should be used on the patient’s symptomatic side.
18. The height of the walking stick should be adjusted to reach the distal palmar crease.
19. Acupuncture is a useful alternative therapy for knee OA.
20. Early consultation with an orthopaedic surgeon is warranted should the patient fail an adequate trial of conservative treatment.

SUBMISSION INSTRUCTIONS:
Visit the SMJ website: http://www.smj.org.sg/current-issue and select the appropriate quiz. You will be redirected to the SMA login page.
For SMA member: (1) Log in with your username and password (if you do not know your password, please click on ‘Forgot your password’). (2) Select your answers for each quiz and click ‘Submit’.
For non-SMA member: (1) Create an SMJ CME account, or login with your SMJ CME username and password (for returning users). (2) Make payment of SGD 21.40 (inclusive of 7% GST) via PayPal to access this month’s quizzes. (3) Select your answers for each quiz and click ‘Submit’.

RESULTS:
(1) Answers will be published online in the SMJ December 2017 issue. (2) The MCR numbers of successful candidates will be posted online at the SMJ website by 4 December 2017. (3) Passing mark is 60%. No mark will be deducted for incorrect answers. (4) The SMJ editorial office will submit the list of successful candidates to the Singapore Medical Council. (5) One CME point is awarded for successful candidates.