Reconstruction 101 Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- **Practice answering questions under realistic conditions,**
- **Improve accuracy and speed,**
- **Review explanations to strengthen weak areas, and**
- **Approach the exam with greater confidence.**

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here’s how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don’t just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There’s no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

1. Which landmark marks the distal endpoint of the femoral mechanical axis?

A. Intercondylar notch of the distal femur

B. Center of the tibial head

C. Medial Malleolus

D. Tibial tuberosity

2. How many lateral tibia sizes does JOURNEY II UK offer?

A. 6 total

B. 8 total

C. 10 total

D. 12 total

3. The Patellofemoral Groove is also called which term?

A. Patellofemoral groove

B. Intercondylar notch

C. Tibial plateau

D. Trochlear groove

4. The length of the female taper on the LEGION female taper baseplate is _____mm.

A. 20 mm

B. 30 mm

C. 25 mm

D. 22 mm

5. Which muscle inserts into the iliotibial band and posterior femur and is the main extensor of the hip?

A. Gluteus Medius

B. Gluteus Maximus

C. Gluteus Minimus

D. Tensor Fasciae Latae

6. Which muscle originates from the outer surface of the ilium and inserts into the iliotibial band and posterior femur?

- **A. Gluteus Medius**
- **B. Gluteus Minimus**
- **C. Gluteus Maximus**
- **D. Tensor Fasciae Latae**

7. Which malleolus is located on the lateral side of the ankle?

- **A. Lateral Malleolus**
- **B. Medial Malleolus**
- **C. Talus**
- **D. Fibular Head**

8. Which muscle is the main extensor of the hip?

- **A. Gluteus Medius**
- **B. Gluteus Maximus**
- **C. Gluteus Minimus**
- **D. Tensor Fasciae Latae**

9. The transverse ligament of the knee connects which structures?

- **A. Medial and Lateral Menisci**
- **B. Anterior and Posterior Cruciate Ligaments**
- **C. Medial and Lateral Collateral Ligaments**
- **D. Patella and Tibial Tuberosity**

10. Which statement correctly defines the femoral neck?

- **A. The projection on the medial/superior portion of the femur**
- **B. The distance between the femoral axis and the center of the head**
- **C. The narrow area just below the head of the femur**
- **D. The main extensor of the hip**

Answers

1. A
2. B
3. D
4. C
5. B
6. C
7. A
8. B
9. A
10. C

Explanations

1. Which landmark marks the distal endpoint of the femoral mechanical axis?

A. Intercondylar notch of the distal femur

B. Center of the tibial head

C. Medial Malleolus

D. Tibial tuberosity

The idea being tested is how we define the femoral mechanical axis. This axis is a straight line that runs from the center of the femoral head down to the knee, and its distal endpoint is taken at a central knee landmark where the distal femur meets the knee joint. The intercondylar notch sits between the femoral condyles at the distal end of the femur and aligns with the knee's center, making it the most appropriate marker for where the femoral mechanical axis ends on the femur. Using this notch-based landmark helps ensure the line accurately reflects alignment through the knee joint. The other landmarks aren't appropriate endpoints for the femoral axis. The center of the tibial head would mark the tibial mechanical axis, not the femur's. The medial malleolus is at the ankle and relates to ankle alignment, not the distal femur. The tibial tuberosity is on the proximal tibia anterior surface and has no relation to where the femur's axis terminates.

2. How many lateral tibia sizes does JOURNEY II UK offer?

A. 6 total

B. 8 total

C. 10 total

D. 12 total

Eight distinct lateral tibia sizes are offered. In knee replacement, matching the lateral tibial plateau width is essential for a proper fit, even load distribution, and avoiding overhang or undercoverage. The JOURNEY II UK system provides eight lateral sizes to accommodate a wide range of anatomies, giving surgeons the flexibility to select the closest match and maintain good soft-tissue balance and knee mechanics. Fewer sizes would force compromises in fit, while more would add unnecessary inventory; eight sizes strike a practical balance for this component.

3. The Patellofemoral Groove is also called which term?

A. Patellofemoral groove

B. Intercondylar notch

C. Tibial plateau

D. Trochlear groove

The main idea is that the patella glides in a groove on the femur, and the standard name for that groove is the trochlear groove. This groove sits in the distal femur where the patellar tendon can ride as the knee bends, guiding the patella along a pulley-like track. That's why the correct term is trochlear groove—it precisely names the groove in the femoral trochlea that contacts and guides the patella. The intercondylar notch is a different feature between the femoral condyles for ligaments, the tibial plateau is the top surface of the tibia, and while "patellofemoral groove" describes the idea, the established anatomical term is trochlear groove.

4. The length of the female taper on the LEGION female taper baseplate is _____mm.

A. 20 mm

B. 30 mm

C. 25 mm

D. 22 mm

Understanding how taper lengths govern fit helps you see why 25 mm is the right spec for this baseplate. The female taper length is a fixed engagement dimension, so the mating male taper can seat securely without leaving gaps or binding. For the LEGION female taper baseplate, the official specification specifies a 25 mm length, which provides the correct depth for stable engagement and proper alignment with the corresponding component. If the length were shorter, such as 20 or 22 mm, the male taper would not be fully supported and could loosen or shift. If it were longer, like 30 mm, it could over-penetrate, causing interference or improper seating. Always confirm with the manufacturer's spec sheet to verify this exact dimension.

5. Which muscle inserts into the iliotibial band and posterior femur and is the main extensor of the hip?

A. Gluteus Medius

B. Gluteus Maximus

C. Gluteus Minimus

D. Tensor Fasciae Latae

Gluteus maximus is the muscle that fits both clues. It attaches to the iliotibial band and to the posterior femur (via the gluteal tuberosity), and it is the primary hip extensor, especially when the hip moves from a flexed position into extension. The other muscles don’t combine these two features: gluteus medius and minimus insert on the greater trochanter and act mainly as abductors and medial rotators; tensor fasciae latae also anchors to the IT band but primarily flexes and abducts the hip and tenses the fascia lata rather than providing the main hip extension.

6. Which muscle originates from the outer surface of the ilium and inserts into the iliotibial band and posterior femur?

A. Gluteus Medius

B. Gluteus Minimus

C. Gluteus Maximus

D. Tensor Fasciae Latae

The muscle described is the gluteus maximus. It originates from the outer surface of the ilium (the posterior part of the pelvic bone) and also from the sacrum and coccyx, and it inserts into the iliotibial band (tract) as well as the gluteal tuberosity on the posterior surface of the femur. This combination—origin on the ilium and insertion into both the iliotibial band and the posterior femur—is unique to gluteus maximus. Functionally, this muscle is a powerful hip extensor and external rotator, and it helps stabilize the pelvis during activities like standing up, climbing, and walking. The involvement with the iliotibial band also helps transmit force down the leg for knee stabilization. In contrast, the other muscles originate from the outer ilium but insert primarily on the greater trochanter (and not into the posterior femur). Tensor fasciae latae inserts into the iliotibial band as well but doesn't attach to the posterior femur. So the only muscle that fits both parts of the description is the gluteus maximus.

7. Which malleolus is located on the lateral side of the ankle?

A. Lateral Malleolus

B. Medial Malleolus

C. Talus

D. Fibular Head

The question is about identifying the ankle landmark on the outside of the leg. The outer ankle bump is the lateral malleolus, which is the distal end of the fibula. It forms the lateral boundary of the ankle joint and helps stabilize the joint by articulating with the talus. The inner ankle bump is the medial malleolus, formed by the distal tibia. The talus is the ankle bone that sits between the malleoli, and the fibular head is the upper end of the fibula near the knee, not the ankle. So, the structure on the lateral (outer) side of the ankle is the lateral malleolus.

8. Which muscle is the main extensor of the hip?

A. Gluteus Medius

B. Gluteus Maximus

C. Gluteus Minimus

D. Tensor Fasciae Latae

Hip extension relies mainly on the gluteus maximus, the largest and most powerful muscle for moving the thigh backward at the hip joint. Its fibers are oriented to pull the femur posteriorly, so when you stand up from sitting, climb stairs, or push off to run, this muscle supplies the majority of the force needed to extend the hip. The other muscles listed mainly perform abduction or flexion: the gluteus medius and minimus stabilize the pelvis and abduct the hip, and the tensor fasciae latae flexes and abducts (assisting with tension in the iliotibial tract). While the hamstrings can extend the hip as well, gluteus maximus provides the primary, powerful extension, especially in functional movements requiring strong hip propulsion.

9. The transverse ligament of the knee connects which structures?

A. Medial and Lateral Menisci

B. Anterior and Posterior Cruciate Ligaments

C. Medial and Lateral Collateral Ligaments

D. Patella and Tibial Tuberosity

The transverse ligament of the knee links the anterior parts (horns) of the medial and lateral menisci. It runs across the front area of the tibial plateau, holding the two menisci together so they move as a unit during knee motion. This attachment is specific to the menisci and is not involved with the cruciate ligaments, collateral ligaments, or the patellar-tibial attachment, which is why the correct pairing is the two menisci.

10. Which statement correctly defines the femoral neck?

A. The projection on the medial/superior portion of the femur

B. The distance between the femoral axis and the center of the head

C. The narrow area just below the head of the femur

D. The main extensor of the hip

The main idea is identifying the narrow region that connects the femoral head to the shaft. The femoral neck is the slender portion that sits just below the head, linking it to the shaft of the bone. That description—"the narrow area just below the head of the femur"—matches this region precisely. The other statements don't describe this part: one refers to a projection on the medial/superior aspect, which isn't how the neck is defined; another talks about the distance between the femoral axis and the head's center (that's a measurement like offset, not the neck itself); and the last mentions a muscle that extends the hip, which is unrelated to the bone's anatomy.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://recon101.examzify.com

We wish you the very best on your exam journey. You've got this!