

# Does Anyone Know What's Wrong with Me?: Problem Handouts



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# Does Anyone Know What's Wrong with Me?

## Part 1

Molly is a nineteen-year-old, multiple-time All-American pole-vaulter on her college's track team. During the summer, Molly trains for her event by pole vaulting twice a week and running three miles every other night. When the school year begins, she starts intense training with her coaches and teammates in order to prepare for the long winter and spring seasons ahead. In addition to pole vaulting, Molly trains for the long jump, triple jump, and hurdles. All of these events use the left limb as a "take-off leg".

Early in the winter season, Molly experienced a sharp pain on the medial side of her left knee while she was running. After experiencing this pain for a few days, she decided to go see her physician. Upon examination, the physician noted the following symptoms:

- Pain while running and upon palpation of the affected area.
- "Clicking" of the knee
- A feeling described as her knee "catching" on something as she flexed the leg.

The physician ordered x-rays of the knee from anterior-posterior, medial-lateral and patellar views. The results of all of these x-rays were negative. The physician also tested the patient's McMurray's sign. These results were positive.

An MRI was ordered to confirm the diagnosis. The physician told Molly to rest and discontinue participation in any activities that caused more pain. He also prescribed ibuprofen for the pain and to reduce inflammation.

Based upon the information provided, and utilizing sound anatomical logic, answer the following questions:

1. What is your diagnosis for the patient?
2. How serious is the patient's condition?
3. What is McMurray's sign?

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## Part 2

After resting and taking a prescription dosage of ibuprofen daily for two weeks, Molly's pain disappeared. With this progress, and with her physician's blessing, she slowly started to work back into track practice, doing her usual pole-vaulting routine. However, a week later, her knee pain had returned and had indeed intensified.

Upon returning to her physician, the following symptoms were noted in the affected limb:

- Swelling of the affected knee joint
- Pain present when pushing off of the ground while running
- Pain and discomfort when flexing against resistance
- Pain in a large area on the medial aspect of the knee
- A "squelching" sound when moving the joint

The MRI results showed a negative result for a meniscal tear.

Based upon the information provided, and utilizing sound anatomical logic, answer the following questions:

1. What is the patient's diagnosis?
2. How serious is the patient's condition?
3. What structures are involved, and can they continue to function normally in their current condition? If not, how will this affect the kinesiology of the lower limb?
4. Describe the function of the knee joint and how the patient's condition affects the knee complex.
5. How is the stability of the knee joint affected by the patient's condition?
6. One treatment method for this patient's condition is a cortisone injection. Would you recommend this treatment for this patient? Why or why not?

# Does Anyone Know What's Wrong with Me?

## Team and Self Assessment Form

Your name: \_\_\_\_\_

Please use the rating scale below to describe how you and your team members performed on each of the tasks listed associated with your PBL group's activities. The purpose of the grading is not to divide groups but to reward those making above average effort and to encourage those not giving their fair share to the group overall effort.

5 if Always    4 if Very Often    3 if Sometimes    2 if Rarely    1 if Never

PBL Group Number: \_\_\_\_\_

Please fill in PBL Group Members' *Last* Names (including your own)

Names                      \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

Completed assigned tasks    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

Contributed valuable  
information to the group    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

Attended group meetings    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

Was honest in reporting  
progress about his/her  
assigned tasks                      \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_

Participated in writing  
final report                              \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_



Now, ***please circle*** the rating below that you feel you would best describe your group's overall performance:

Very good

Good

Barely Acceptable

Poor

Very Poor



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## PBL Self Evaluation Form

This evaluation form will not be utilized in assigning any grades. However, it is beneficial to reflect on any progress that you might have made in various areas as a result of participating in a PBL course. Therefore, please evaluate yourself utilizing the following scale.

Scale:

- 5 = Strongly agree
- 4 = Agree
- 3 = Neutral
- 2 = Disagree
- 1 = Strongly disagree

Your name: \_\_\_\_\_

As a result of my participation in PBL in Human Anatomy I feel that I have improved in the areas of:

1. Effective group participation \_\_\_\_\_
2. Effective group communication \_\_\_\_\_
3. Evaluation of myself (self evaluation) \_\_\_\_\_
4. Evaluation of others (peer evaluation) \_\_\_\_\_
5. Acquiring information to solve complex problems \_\_\_\_\_
6. Evaluation of the quality of information needed  
to solve complex problems \_\_\_\_\_



7. Working effectively with others \_\_\_\_\_

8. Higher-order, critical thinking skills \_\_\_\_\_

Overall improvement rating of yourself: \_\_\_\_\_

5 = excellent; 4 = good; 3 = average; 2 = needs work; 1 = poor

