

# Flex Therapist CEUs

## Pediatric Physical Therapy - Overview & Considerations

1. What might a therapist try to improve the strength of a weak arm in a child with cerebral palsy?

- A. Strength Training
  - B. Reaching Activities
  - C. Constraint-Induced Movement Therapy
  - D. Upper Extremity Stretching
- 

2. What skill should an infant attain by six months?

- A. Sitting Independently
  - B. Walking
  - C. Standing
  - D. Rolling from Supine to Prone
- 

3. What is the benefit of the Schroth method?

- A. Helping Lower Scoliosis Curvature
  - B. Improve Core Strength
  - C. Maintain Strength in Children with Muscular Dystrophy
  - D. Improve the Ability to Walk with Down Syndrome
- 

4. Which type of cerebral palsy is most common and results in hypertonic muscles?

- A. Dyskinetic CP
  - B. Ataxic CP
  - C. Spastic CP
  - D. Mixed CP
- 

5. Which position should be avoided among children?

- A. Long Sitting
  - B. Prone Lying
  - C. Criss Cross Sitting
  - D. W Sitting
-

**6. At what age does intoeing typically resolve?**

- A. Three**
  - B. Eight**
  - C. Four**
  - D. Six**
- 

**7. What intervention is the most effective in infants with congenital muscular torticollis?**

- A. Manual Stretching**
  - B. Neck Strengthening**
  - C. Surgery**
  - D. Neck Braces**
- 

**8. What is the most effective strength testing technique in pediatric physical therapy?**

- A. Manual Muscle Testing**
  - B. Observation**
  - C. Grip Strength**
  - D. Testing is not Possible**
- 

**9. Which type of spina bifida is most severe and can cause neurologic compromise?**

- A. Myelomeningocele**
  - B. Spina Bifida Occulta**
  - C. Meningocele**
  - D. Benign Spina Bifida**
- 

**10. Which type exercise should be avoided in children with muscular dystrophy?**

- A. Moderate Intensity Aerobic Exercise**
  - B. High Intensity Strength Training**
  - C. Swimming**
  - D. Low Intensity Strength Training**
- 

**11. What is the best therapeutic intervention for children with cystic fibrosis?**

- A. Pursed Lip Breathing**
  - B. Oxygen**
  - C. Chest Physical Therapy**
  - D. Position Changes**
-

**12. A child with which condition may benefit from a posterior walker?**

- A. Cerebral Palsy**
  - B. Autism**
  - C. Chiari Malformation**
  - D. Ehlers-Danlos Syndrome**
- 

**13. What degree of curvature would a child with scoliosis benefit from surgery?**

- A. 10 Degrees**
  - B. 20 Degrees**
  - C. 30 Degrees**
  - D. 40 Degrees**
- 

**14. What should a therapist do if they see bruises around the wrists and ribs on a three-year-old child during an early intervention visit?**

- A. Continue Treating the Child, Bruises are Normal**
  - B. Report to the National Child Abuse Hotline**
  - C. Ask the Parents Immediately Why Their Child is Bruised**
  - D. Work on Balance Training to Avoid Falls**
- 

**15. Which age should all children be able to walk independently?**

- A. 8 Months**
  - B. 12 Months**
  - C. 18 Months**
  - D. 24 Months**
- 

**16. Which intervention may be helpful in children with Osteogenesis Imperfecta?**

- A. Strength Training**
  - B. Running Program**
  - C. Caregiver Education on Preventing Fractures and Assisting the Child with Independence**
  - D. Task Specific Activity Training**
- 

**17. Which inherited disorder is characterized by hypotonic muscles, laxity in joints, and flat facial features?**

- A. Down Syndrome**
- B. Chiari Malformation**
- C. Spina Bifida**

## **D. Muscular Dystrophy**

---

**18. What is the role of a physical therapist in the neonatal intensive care unit?**

- A. Positioning and Education**
  - B. Developmental Skills**
  - C. Strengthening**
  - D. Stretching**
- 

**19. What is the best strengthening intervention in children with developmental delay?**

- A. Strength Training**
  - B. Aerobic Exercise**
  - C. Child Activity Directed Tasks**
  - D. Therapist Directed Tasks**
- 

**20. What intervention should a physical therapist perform when a child at age 12 has knee pain and his knees go into valgus with squatting?**

- A. Balance Training**
  - B. Aquatic Therapy**
  - C. Nothing, This is Normal**
  - D. Hip Strengthening**
- 

**Copyright © 2024 Flex Therapist CEUs**

**Visit us at <https://www.flextherapistceus.com>**