

Flex Therapist CEUs

Alzheimer's Disease and Exercise

1. How many stages are there to Alzheimer's?

- A. One
 - B. Four
 - C. Three
 - D. Two
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2. What are some types of screening exams for Alzheimer's or other cognitive impairment?

- A. Mini Cog, Mini Mental State Exam, Ten Step Questionnaire
 - B. Ten Step Questionnaire, Clock Drawing Test, Impaired Cognitive Exam
 - C. Ten Step Questionnaire, Self Administered Gerocognitive Exam, Clock Drawing Test
 - D. Self Administered Gerocognitive Exam, Mini Cog, Mini Mental State Exam
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3. Cognitive mental exams include elements to test orientation, math, short term memory, problem-solving ability, and motor skills.

- A. True
 - B. False
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4. What are some physical deficits associated with Alzheimer's?

- A. Balance issues, decreased flexibility, declining gait quality
 - B. Somnolism, decreased strength, poor posture
 - C. Joint instability, poor gait skills, rapid breathing
 - D. Sweating, insomnia, trembling
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5. The brain gains volume during the progression of Alzheimer's.

- A. True
 - B. False
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6. What qualities should exercise for those with Alzheimer's include?

- A. Simplicity, regularity, multi tasking
 - B. Simple, repetitive, engaging
 - C. Independent exercise, repetitive, physically challenging
 - D. Multi tasking, physically challenging, independent exercise
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7. What are three of the body's systems that balance relies upon?

- A. Visual, Vocal, Vestibular
 - B. Proprioception, Vestibular, Vocal
 - C. Vestibular, Proprioception, Visual
 - D. Vocal, Proception, Vestibular
-

8. Yoga, meditation, and Tai Chi can be useful tools due to the calming effect on the patient and the simple movements.

- A. True
 - B. False
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9. Physical activity has been shown to delay and even prevent cognitive decline.

- A. True
 - B. False
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10. What are the structures called that become twisted in the brain, causing disruption in cellular processes and cell death?

- A. Tau Proteins
 - B. Microtubule twists
 - C. Exogenic fibers
 - D. Neurofibrillary tangles
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