

Flex Therapist CEUs

Ankle Dorsiflexion Effects on Gait and Balance

1. Which measure of ankle dorsiflexion is reported to have higher intrarater and interrater reliability and to result in significantly greater ankle DF?

- A. Non-weight bearing
 - B. Weight bearing
 - C. Both (A) and (B) equally
 - D. None of the above
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2. Deficits of ankle dorsiflexion during gait have been found to discriminate between:

- A. Healthy young and older adults
 - B. High performing and low performing older adults
 - C. Fallers and non-fallers
 - D. All of the above
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3. For older adults, WBDF measurements correlated significantly to which parameter of balance performance?

- A. Maximal excursion in the right-forward direction
 - B. Cadence stance time right
 - C. Single support time right
 - D. All of the above
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4. The control of balance during dynamic standing tasks and during gait is multifactorial, requiring all of the following except?

- A. Integration of vision,
 - B. Vestibular function
 - C. Auditory processing
 - D. Joint mobility
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5. Non-weight bearing measurement of ankle DF contribute to temporal parameters of gait performance in:

- A. Young adults
- B. Older adults

- C. Both (A) and (B)
 - D. None of the above
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