Flex Therapist CEUs

Balance Outcome Measures - Analysis of Variety of Balance Tests

1. Which of the following sensory systems is responsible for detecting spatial information and motion?

A. Balance
B. Visual
C. Somatosensory
D. Vestibular

2. The balance system is responsible for maintaining postural control, which is best described as:

A. An automated task controlled by spinal and cortical structures that allows us to maintain a stable posture against gravity.
B. A lower motor neuron response that enables us to maintain posture during dynamic movement.
C. An upper motor neuron response that allows us to maintain stable posture during static movement.
D. A reflexive task controlled by stepping responses that allows us to maintain upright balance while walking.

3. Which of the following balance reactions would be activated against large perturbations that cause the center of mass to move outside of the base of support?

A. Ankle strategy
B. Hip strategy
C. Stepping strategy
D. None of the above

4. How does the visual system contribute to one's ability to maintain upright balance?

A. Provides visual cues regarding speed of movement
B. Provides visual cues regarding one's orientation relative to other objects
C. Integrates feedback from the central vestibular system
D. Integrates feedback from the lower body joint receptors

5. Movement varability can be affected by many factors, including age-related changes. Which one of the following factors is NOT affected by advancing age?

A. Proprioception
B. Vision
C. Muscle mass
D. Lung capacity

6. Which statement best describes the psychological effect of falls on one's physical function?

A. A fear of falls can limit one's desire to engage in social outings due to fear of falling in public.
B. A fear of falls can increase one's desire to engage in community events due to fear of staying home alone.
C. The psychological effects are a direct result of one's sedentary lifestyle.
D. The psychological effects are an indirect result of impaired proprioception.

7. A patient was diagnosed with a change in visual clarity during his last wellness exam. How would this fall risk factor be categorized?

A. Intrinsic, non-modifiable
B. Intrinsic, modifiable
C. Extrinsic, non modifiable
D. Extrinsic, modifiable

8. Poor stairway design may be considered to be this type of fall risk factor:

A. Intrinsic, non-modifiable
B. Intrinsic, modifiable
C. Extrinsic, non modifiable
D. Extrinsic, modifiable

9. Providing patients with a household safety checklist can address which type of fall risk factors?

A. Home
B. Extrinsic
C. Personal
D. Community

10. Which of the following statements most accurately describes the effect of decreased ankle range of motion on fall risk?

A. Decreased ankle range of motion would affect one's ability to recruit ankle/hip strategies.
B. Decreased ankle proprioception would affect one's ability to ambulate on level surfaces.
C. Decreased ankle range of motion would affect one's ability to step backwards during a stepping response.
D. Decreased ankle proprioception would affect one's ability to safely transfer from a seated position.

11. Administering the modified Clinical Test of Sensory Interaction in Balance (mCTSIB) would considered which type of balance outcome measure?

A. Seated balance outcome measure
B. Patient perceived balance outcome measure
C. Static balance outcome measure
D. Dynamic balance outcome measure

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12. Which outcome measure would be most appropriate to measure dynamic standing balance?

A. Timed Up and Go (TUG)
B. Modified Clinical Test of Sensory Interaction in Balance (mCTSIB)
C. Tinetti Performance Oriented Mobility Assessment (Tinetti/POMA) balance subscale
D. Falls Efficacy Scale (FES)

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13. Clinical utility of posturography includes all of the following characteristics EXCEPT:

A. Can diagnose the presence of a balance dysfunction
B. Differentiate between different types of balance problems
C. Detects changes in movement variability during static stance
D. Identification of those who may be at risk for falls

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14. Which of the following statements best reflects the importance of measuring gait speed in the acute care setting?

A. Gait speed can help to determine post-operative length of stay.
B. Gait speed is correlated with lower limb strength.
C. Gait speed is a prognostic value for exercise lung capacity.
D. Gait speed is associated with hospital readmission rates.

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15. A patient is recovering from an acute cerebrovascular event and requires assistance to sit at the edge of the bed. Which outcome measure would be most appropriate to conduct?

A. 5 times Sit-to-Stand test
B. Berg Balance Scale
C. Motor Assessment Scale trunk subscale
D. Posturography

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16. A 70 year-old patient improves her gait speed from .8 m/sec to 1.1 m/sec. Comparing these findings to other individuals ages 60-70 years would represent this psychometric property:

A. Minimally clinically important difference
B. Normative data
C. Intrarater reliability

D. Concurrent validity

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17. A patient in an outpatient setting scores 53/56 on the Berg Balance Scale during the initial evaluation. This scenario is most reflective of:

A. Test reliability
B. Ceiling effect
C. Test validity
D. Feasibility

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18. A patient scores 45% on the Activities-specific Balance Confidence (ABC) Scale and ambulates at 0.7m/sec upon hospital discharge. How would you characterize this patient's fall risk?

A. Low fall risk due to low score on the ABC Scale and gait speed
B. Moderate fall risk with low possibility for hospital readmission
C. Moderate fall risk due to low score on the ABC scale and reduced gait speed
D. High fall risk with high possibility for hospital readmission

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19. A patient, who is able to ambulate community distances independently, completed the Timed Up and Go in 14 seconds. Comparing the patient's test result with other community-dwelling adults is an example of:

A. Norm-referenced outcome measure
B. Community-based outcome measure
C. Performance-based outcome measure
D. Patient-specific outcome measure

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20. A patient scored 21 out of 24 on the Dynamic Gait Index had a loss of balance during posturography testing with vision removed on a stable surface. What do these findings say about the patient's balance?

A. Patient's static balance is affected with mild impairments in dynamic balance.
B. Patient's static and dynamic balance are moderate impaired.
C. Patient's static balance is normal with moderately impaired dynamic balance.
D. Patient's static and dynamic balance are mildly impaired.