

# Flex Therapist CEUs

## Cerebral Palsy and Home Based Training

1. Significant improvements in a range of functional tests were observed following what amount of training?

- A. 8 minutes every day for 24 weeks
  - B. 17 minutes every day for 20 weeks
  - C. 20 minutes every other day for 16 weeks
  - D. 20 minutes every other day for 22 weeks
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2. The effects observed following the training are unlikely to be caused by the growth of the children.

- A. True
  - B. False
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3. The increase in the performance of which functional lower limb test was generally larger than that observed in randomized controlled and blinded trials involving lower limb strength and/or function training?

- A. Sit to stand
  - B. Lateral step-up
  - C. Half knee-standing
  - D. All of the above
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4. The improvements found in this study are in all likelihood explained by:

- A. The intensity of the training
  - B. The long duration of the training
  - C. Both (A) and (B)
  - D. None of the above
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5. Unlike most other studies, the children did not spend all 40 hours training one specific function.

- A. True
  - B. False
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**6. The large training effect obtained in the present study may potentially be related to:**

- A. The multi-modality of the training.**
  - B. The training involving various executive and cognitive functions in addition to motor function.**
  - C. Both (A) and (B).**
  - D. None of the above.**
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**7. There is no doubt that:**

- A. The children would not have finished the entire training if not for the multi-modality and cognitive challenge of the training.**
  - B. The training of executive and cognitive functions played a direct role for the positive training effects.**
  - C. Both (A) and (B).**
  - D. None of the above.**
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**8. The training effects proved to be of significance for the daily life and daily functional capacity of the children.**

- A. True**
  - B. False**
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**9. All of the functional changes observed immediately after the training were retained at the 12 week follow-up.**

- A. True**
  - B. False**
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**10. Which children improved their performance on the actual balance tasks in the training modules?**

- A. All children**
  - B. Only those in the intervention group**
  - C. Only those in the control group**
  - D. None of the children improved on the balance tasks**
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