

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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