

# Flex Therapist CEUs

## Cervical Radiculopathy - Clinical Application of Traction and Exercises

1. What is the most common age group for CR to occur?

- A. 20s
  - B. 30s
  - C. 70s
  - D. 50s
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2. What is a cause of CR?

- A. Migraine
  - B. Spinal nerve compression
  - C. Osteoporosis
  - D. Spinal stability
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3. What is not a sign of CR?

- A. Headache
  - B. Numbness in hand
  - C. Pain in mid-back
  - D. Aching in cervical spine
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4. What is the most common symptom of CR?

- A. Arm pain
  - B. Sensation deficit
  - C. Reflex deficit
  - D. Weakness
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5. Which is not a prognostic factor for developing CR?

- A. Other musculoskeletal disorders
  - B. Passive coping strategy
  - C. Having an office job
  - D. Psychological distress
-

**6. Where will C5 radiculopathy produce referral pain?**

- A. Lateral arm**
  - B. Fingers**
  - C. Low back**
  - D. Occiput**
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**7. Where would expected weakness occur with a C7 radiculopathy?**

- A. Hypothenar muscles**
  - B. Biceps brachii**
  - C. Wrist flexors**
  - D. Wrist extensors**
- 

**8. Which is not a diagnostic strategy for CR?**

- A. Xray**
  - B. MRI**
  - C. CT**
  - D. Nerve conduction study**
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**9. What percentage of the population with or without symptoms have evidence of cervical spine degeneration?**

- A. 80%**
  - B. 20%**
  - C. 50%**
  - D. 70%**
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**10. Which imaging study is best for diagnosis of CR?**

- A. MRI**
  - B. CT myelography**
  - C. NCS**
  - D. EMG**
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**11. What pathology is CT myelography most useful in detecting?**

- A. Cervical radiculopathy**
  - B. Tumor**
  - C. Nerve root impingement**
  - D. Infection**
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**12. What contributes to complex CR?**

- A. Abscess**
  - B. Pain in thumb**
  - C. Sensation loss in lateral forearm**
  - D. No improvement in one week**
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**13. What will an EMG study reveal?**

- A. Sensation deficits**
  - B. Weakness in myotome pattern**
  - C. Pain in upper extremity**
  - D. Weakness in lower extremity**
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**14. Which is not a standard part of a physical therapy assessment for CR?**

- A. Posture**
  - B. Thoracic mobility**
  - C. Abdominal strength**
  - D. ROM in upper extremities**
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**15. How many degrees should the cervical spine flex normally?**

- A. 20 degrees**
  - B. 40 degrees**
  - C. 60 degrees**
  - D. 80 degrees**
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**16. What spinal segments allow most of the rotation of the cervical spine?**

- A. C4-5**
  - B. C2-3**
  - C. C1-2**
  - D. C6-7**
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**17. What can a clinician expect if a patient has active shoulder flexion to 60 but passive to 170 degrees?**

- A. Joint restriction**
  - B. Muscle strain**
  - C. Neoplasm**
  - D. Thoracic outlet syndrome**
-

**18. Which dermatome is affected with parasthesia in the upper clavicle?**

- A. C3**
  - B. C5**
  - C. C2**
  - D. C4**
- 

**19. The tendon of which muscle should be tested for deep tendon reflex to examine C6 nerve root?**

- A. Flexor pollicis longus**
  - B. Brachioradialis**
  - C. Triceps brachii**
  - D. Anterior deltoid**
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**20. What does the Spurling's test detect?**

- A. Nerve root compression**
  - B. Migraine**
  - C. Thoracic outlet syndrome**
  - D. Decreased thoracic extension**
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**21. What is not a test part of the CPR for cervical radiculopathy?**

- A. Distraction**
  - B. Spurling's**
  - C. Rotation more than 60 degrees**
  - D. ULTTa**
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**22. What should a clinician examine if suspecting cervical myelopathy?**

- A. Blood flow to cervical spine**
  - B. Babinski reflex**
  - C. Nerve conduction study**
  - D. Lower extremity strength**
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**23. What is a common pathology causing CR?**

- A. Tumor**
  - B. Infection**
  - C. Disc herniation**
  - D. Trauma**
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**24. What is the most common operation for CR?**

- A. Anterior cervical discectomy and fusion**
  - B. Cervical disc replacment**
  - C. Minimally invasive posterior cervical foraminotomy**
  - D. Laminectomy**
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**25. When is a cervical collar most useful?**

- A. 1 year after injury**
  - B. 4 days after pain began**
  - C. For mild pain**
  - D. One month after pain**
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**26. Which medication is not supported in management of CR?**

- A. NSAID**
  - B. Epidural steroid**
  - C. Opioid**
  - D. Tricyclic antidepressant**
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**27. Which type of traction is most supported in literature for treatment of CR?**

- A. Mechanical**
  - B. Over the door**
  - C. Prone**
  - D. Manual**
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**28. When combined with other interventions which treatment is proven most effective for CR?**

- A. Manipulation**
  - B. Steroid injection**
  - C. Surgery**
  - D. Exercise**
- 

**29. Which muscles are important to strengthen when treating CR?**

- A. Latissimus dorsi**
  - B. Deep neck flexors**
  - C. Pectoralis major**
  - D. Levator scapulae**
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**30. Which outcome measure should be used to capture neck pain and disability?**

- A. ODI**
  - B. NPRS**
  - C. NDI**
  - D. DASH**
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