

# 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
- 

**2. What is a cause of CR?**

- A. Migraine
  - B. Spinal nerve compression
  - C. Osteoporosis
  - D. Spinal stability
- 

**3. What is not a sign of CR?**

- A. Headache
  - B. Numbness in hand
  - C. Pain in mid-back
  - D. Aching in cervical spine
- 

**4. What is the most common symptom of CR?**

- A. Arm pain
  - B. Sensation deficit
  - C. Reflex deficit
  - D. Weakness
- 

**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. Neck
  - B. Fingers
  - C. Low back
  - D. Occiput
- 

**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
- 

**9. What percentage of the population with or without symptoms have evidence of cervical spine degeneration?**

- A. 80%
  - B. 20%
  - C. 50%
  - D. 70%
- 

**10. Which imaging study is most effective for diagnosis of CR?**

- A. MRI
  - B. CT myelography
  - C. NCS
  - D. EMG
- 

**11. What pathology is CT myelography most useful in detecting?**

- A. Cervical radiculopathy
  - B. Spinal pathology
  - C. Spinal nerve impingement
  - D. Infection
-

**12. What contributes to complex CR?**

- A. Abscess
  - B. Pain in thumb
  - C. Sensation loss in lateral forearm
  - D. No improvement in one week
- 

**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
- 

**15. How many degrees should the cervical spine flex normally?**

- A. 20 degrees
  - B. 40 degrees
  - C. 60 degrees
  - D. 80 degrees
- 

**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
- 

**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 length issue
  - 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 exam C6 nerve root?**

- A. Flexor pollicis longus
  - B. Brachioradialis
  - C. Triceps brachii
  - D. Anterior deltoid
- 

**20. What does the Spurling's test detect?**

- A. Nerve root compression
  - B. Migraine
  - C. Thoracic outlet syndrome
  - D. Decreased thoracic extension
- 

**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
- 

**23. What is a common pathology causing CR?**

- A. Tumor
  - B. Infection
  - C. Disc herniation
  - D. Trauma
-

**24. What is the most common operation for CR?**

- A. Anterior cervical discectomy and fusion
  - B. Cervical disc replacement
  - 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
- 

**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 longer lasting treatment of CR?**

- A. Mechanical
  - B. Over the door
  - C. Prone
  - D. Manual
- 

**28. When combined with other interventions which treatment is proven most effective for CR?**

- A. Manipulation
  - B. Steroid injection
  - C. Surgery
  - D. Exercise
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**29. Which muscles are important to strengthen when treating CR?**

- A. Latissimus dorsi
  - B. Deep neck flexors
  - C. Pectoralis major
  - D. Levator scapulae
-

**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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