

Flex Therapist CEUs

COVID-19: Long Haulers - Physical Therapy Role in Post-COVID Rehabilitation

1. Long Haulers is also referred to as:

- A. Long COVID
 - B. LTC-19
 - C. PASC
 - D. All of the above
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2. Long Haulers is defined by persistent symptoms beyond _____ week(s) from the initial onset of symptoms.

- A. 1 week
 - B. 2 weeks
 - C. 3 weeks
 - D. 4 weeks
-

3. One of the most problematic sign or symptom of Long Haulers is:

- A. Asthma
 - B. Fatigue
 - C. Skin rash
 - D. Throbbing headaches
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4. Pulmonary effects of Long Haulers include:

- A. Decreased exercise capacity
 - B. Myocarditis
 - C. Arthralgias
 - D. Brain fog
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5. Possible causes of Long Haulers include all of the following EXCEPT:

- A. Viral toxicity
 - B. Endothelial damage
 - C. Pulmonary cell death
 - D. Hypercoagulability
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6. Physical therapy would be indicated in COVID-19 survivors in the presence of:

- A. Decreased exercise capacity
 - B. Restricted participation in daily activities
 - C. Poor muscular strength and endurance
 - D. All of the above
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7. According to the prospective surveillance model, clinicians working with patients with suspected Long Haulers should perform these three categories of measurements:

- A. Extremity screening, cardiovascular testing, outcome measures
 - B. Rapid screening, general assessment, specific assessment
 - C. Extremity screening, pulmonary testing, outcome measures
 - D. Rapid screening, neurological assessment, specific assessment
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8. According to the prospective surveillance model, outcome measures that examine _____ due to the potential for neurological dysfunction after COVID-19, should be performed.

- A. Pulmonary Function Tests
 - B. Post traumatic stress disorder
 - C. Pain
 - D. Endurance testing
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9. The 50/30/20/10 Rule suggests that training volume should be reduced over a period of _____ week(s).

- A. 2 weeks
 - B. 4 weeks
 - C. 6 weeks
 - D. 8 weeks
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10. Clinicians should realize that masks have the potential to affect _____ intensity exercise.

- A. Low and moderate
 - B. Moderate
 - C. High
 - D. Low, moderate, and high
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