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

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

4. Pulmonary effects of Long Haulers include:

A. Decreased exercise capacity
B. Myocarditis
C. Arthralgias
D. Brain fog

5. Possible causes of Long Haulers include all of the following EXCEPT:

A. Viral toxicity
B. Endothelial damage
C. Pulmonary cell death
D. Hypercoagulability

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

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

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

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

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