

# 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
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**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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