

# Flex Therapist CEUs

## Ehlers-Danlos Syndromes: Physical Therapy Considerations

**1. What type of Ehlers Danlos Syndrome is most common?**

- A. Classical
  - B. Vascular
  - C. Hypermobile
  - D. Classical-Like
- 

**2. What causes EDS?**

- A. Genetic Inheritance
  - B. Developmental Delay
  - C. Autoimmune Response
  - D. Repetitive Injuries
- 

**3. Which type of EDS has the highest mortality rate?**

- A. Classical
  - B. Vascular
  - C. Hypermobile
  - D. Classical-Like
- 

**4. Which type of EDS is characterized by short height, blue sclerae, intellectual disability and long digits?**

- A. Classical
  - B. Spondylodysplastic
  - C. Vascular
  - D. Arthrochalasia
- 

**5. Which tool is used in the clinic to identify joint hypermobility?**

- A. Brighton Scale
  - B. Hypermobility Scale
  - C. Joint Mobility Scale
  - D. Beighton Scale
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**6. What is the largest benefit of manual therapy for patients with Ehlers Danlos Syndrome?**

- A. Strengthening
  - B. Joint Mobility
  - C. Pain Control
  - D. Balance Remediation
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**7. Why do patients with EDS often not get enough exercise?**

- A. Chronic Pain
  - B. Difficulty Breathing
  - C. Depressive Symptoms
  - D. Poor Sleep Quality
- 

**8. What assistive device is most appropriate for a 70-year-old woman with hypermobile EDS who has fallen three times in the past few months?**

- A. Wheelchair
  - B. Crutches
  - C. Wheeled Walker
  - D. Cane
- 

**9. When may crutches be an appropriate assistive device for a patient with EDS?**

- A. After Hip Surgery
  - B. After Two Falls
  - C. Diagnosis of Kyphoscoliotic EDS
  - D. In Adolescence
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**10. What is the purpose of Kinesiotape for treating EDS?**

- A. Joint Instability
  - B. Muscle Activation
  - C. Reducing Fall Risk
  - D. Improving Balance
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**11. What is the most appropriate cardiovascular exercise for a patient with severe joint pain?**

- A. Jogging
  - B. Walking
  - C. Weightlifting
  - D. Swimming
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**12. What is the biggest concern when a physician prescribes steroids for pain control?**

- A. Connective Tissue Weakening
  - B. Dependence
  - C. Cardiac Problems
  - D. Digestive Problems
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**13. What is an important piece of education regarding activities for teenagers with hypermobile EDS?**

- A. Perform Resistive Exercise Daily
  - B. Avoiding Contact Sports
  - C. To Use Crutches for Pain Relief
  - D. To Avoid Endurance Training
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**14. Which is not a common symptom of patients with EDS?**

- A. Digestive Trouble
  - B. Poor Wound Healing
  - C. Quick Muscle Recovery
  - D. High Incidence of Mood Disorders
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**15. Which score on the Beighton Scale represents joint hypermobility in children?**

- A. 3/9
  - B. 5/9
  - C. 2/9
  - D. 7/9
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