

# 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

---

**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

---

**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

---

**10. What is the purpose of Kinesiotape for treating EDS?**

- A. Joint Instability
- B. Muscle Activation
- C. Reducing Fall Risk
- D. Improving Balance

---

**11. What is the most appropriate cardiovascular exercise for a patient with severe joint pain?**

- A. Jogging
- B. Walking
- C. Weightlifting
- D. Swimming

---

**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

---

**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

---

**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

---

**15. Which score on the Beighton Scale represents joint hypermobility in children?**

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

---

Copyright © 2026 Flex Therapist CEUs

Visit us at <https://www.flextherapistceus.com>