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

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2. What causes EDS?

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

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

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

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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

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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

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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

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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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