

Flex Therapist CEUs

Gait - Effects on Posture and Gait While Walking and Texting

Texting and Walking: Strategies for Postural Control and Implications for Safety

1. The summed absolute distance in lateral direction per meter walked was less during texting than reading on a mobile phone or normal walking.

- A. True
 - B. False
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2. All of the following are true with regard to the global frame of reference, except for:

- A. Head flexion-extension ROM was less during reading and texting than walking without the phone.
 - B. Head lateral flexion ROM was less during reading than walking.
 - C. Head rotation was greater during reading and texting than walking.
 - D. Thorax flexion-extension ROM was less during reading and texting than walking.
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3. Thorax lateral flexion ROM decreased more during which of the following?

- A. Texting
 - B. Reading
 - C. Walking
 - D. Thorax lateral flexion ROM decreased equally for all of the above
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4. Evaluation of gait performance revealed that individuals do which of the following during texting and reading than unconstrained walking?

- A. Demonstrate greater absolute medial-lateral step deviation.
 - B. Walk with a flexed head position.
 - C. Move the thorax and head more in-phase with reduced phase variability.
 - D. All of the above.
-

5. The current study found an increased medial lateral head motion of _____ during texting and reading.

- A. Approximately 2.5 degrees
 - B. Approximately 2.0 degrees
 - C. Approximately 1.5 degrees
 - D. Approximately 1.0 degree
-

6. Increased medial-lateral head motion is associated with a greater risk of falling in healthy older adults and individuals with Parkinson's disease.

- A. True
 - B. False
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7. A key finding was reduced neck ROM (head relative to thorax) in all planes during reading, and to a greater extent with typing text.

- A. True
 - B. False
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8. Reduced arm swing can negatively impact walking balance in which of the following ways?

- A. Arm swing reduces angular momentum about the vertical axis.
 - B. Arm swing reduced the metabolic cost of walking.
 - C. Arm swing assists with recovery after disturbance to walking balance.
 - D. All of the above.
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Does Texting While Walking Really Affect Gait in Young Adults?

9. In regards to Spatio-temporal parameters, all of the following are true except?

- A. Texting while walking slowed subjects' gait speed, reducing both their cadence and stride length.
 - B. Double support period and CV of stride time increased while texting.
 - C. During the duration of the sub-phases of stance, the flat foot contact decreased.
 - D. During the duration of the sub-phases of stance, the push-off decreased.
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10. The results of the study reported did not reveal any significant alterations of the ankle and knee joint kinematics.

- A. True
 - B. False
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11. Results from the current study showed that the ankle muscle co-contractions decreased during which of the following?

- A. The H-phase, roughly corresponding to load response**
 - B. The F-phase, mid-stance**
 - C. The P-phase, terminal stance**
 - D. All of the above**
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12. Overall, the authors of the study presented feel that gait modifications due to texting while walking are minimal in young adults indicating that texting while walking is a safe dual task activity.

- A. True**
 - B. False**
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