

Flex Therapist CEUs

Hip Osteoarthritis and Home Exercise

1. Manual therapies that require hospital visits are not suitable as long-term treatment to postpone or prevent surgery.

- A. True
 - B. False
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2. Worsening OA of the hip results in:

- A. Posterior pelvic tilt
 - B. Elevation of the greater trochanter
 - C. Abduction contracture of the affected hip
 - D. All of the above
-

3. Posterior pelvic tilt and elevation of the greater trochanter cause apparent shortening of leg length on the affected side.

- A. True
 - B. False
-

4. It has been found that many patients with OA of the hip complained of hip pain during all of the following, except:

- A. Standing
 - B. First steps when starting to walk
 - C. Walking
 - D. Patients with OA of the hip complained of hip pain during all of the above
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5. Which of the following seems to improve with exercise therapy?

- A. Motion pain
 - B. Walking pain
 - C. Both motion pain and walking pain improve with exercise therapy
 - D. Neither motion pain nor walking pain improve with exercise therapy
-

6. Walking instability caused by posterior pelvic tilt and elevation of the greater trochanter causes repetitive Pericapsular Soft Tissue injury to the joint capsule, ligaments, and inner muscles, resulting in contracture of the affected hip. (2)

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

7. Pericapsular Soft Tissue and Realignment exercises are not indicated for patients with Kellgren-Lawrence grade of 4 and an opening angle of the hip smaller than _____ degrees according to a modified Patrick's test.

- A. 15**
 - B. 30**
 - C. 45**
 - D. 60**
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8. Patient education including ADL instruction is essential for PSTR exercises to be effective and to maintain adequate function and QOL over the long term.

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

9. Even if pelvic balance was restored, once patients with prolonged symptoms stopped performing the pelvic realignment exercise, the pelvic tilt and elevation of the greater trochanter on the affected side tended to recur within:

- A. 24 hours**
 - B. A few days**
 - C. Two weeks**
 - D. One month**
-

10. Partial or total loss of cartilage is directly related to hip pain.

- A. True**
 - B. False**
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11. The main cause of joint contracture is:

- A. The joint capsule**
 - B. Ligament contracture**
 - C. Pelvic tilt**
 - D. Skeletal muscle**
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