Flex Therapist CEUs

Management of ACL Injuries in Children

1. How many main ligaments surround the knee to provide support?

A. 4
B. 1
C. 3
D. 2

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2. What is not a risk factor for ACL tears?

A. Improper footwear
B. Female gender
C. Sports
D. Hip weakness

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3. A major immediate sign of an ACL tear is;

A. Nausea
B. Falling
C. A popping sound
D. Burning pain

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4. What is not a test used to determine a torn ACL?

A. Reverse Clunk Test
B. Reverse Pivot Shift Test
C. Lachman's Sign Test
D. Clunk Test

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5. What can be used to show the extent of injury to the surrounding cartilage?

A. X-ray
B. MRI
C. Anterior Drawer Test
D. CT scan

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6. What method is useful for alleviating pain and swelling throughout the process?

A. SALT

B. TIME
C. POLICE
D. FORT

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7. What movement is unlikely to contribute to an ACL injury?

A. Pivoting
B. Cutting
C. Jumping
D. Squatting

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8. How long does it normally take to recover from ACL reconstruction?

A. 3-4 months
B. 6-12 months
C. 6-24 months
D. 8-10 months

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9. Disturbance to the growth plate can result in leg length discrepancies and angular deformities.

A. True
B. False

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10. Immediately after surgical reconstruction, the patient should begin exercise with resistance.

A. True
B. False

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