

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

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

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

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

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

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

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

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

- A. SALT

- B. TIME
- C. POLICE
- D. FORT

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

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

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

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

- A. True
- B. False

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

- A. True
- B. False

Copyright © 2026 Flex Therapist CEUs

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