

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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