Flex Therapist CEUs

Multiple Sclerosis and Physical Activity

Self-efficacy, Physical Activity and QOL in People with MS

1. Participation in physical activity may help minimize some of the symptoms associated with MS, including _____, due to increased muscle strength.

A. Fatigue
B. Ambulation
C. Postural balance
D. All of the above

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2. Which of the following is suggested for MS individuals affected by thermo-sensitivity?

A. Aquatics
B. Resistance training
C. Both (A) and (B)
D. None of the above

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3. An increase in quality of life is often seen in individuals that report greater self-efficacy and more participation in physical activity.

A. True
B. False

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4. This study found that individuals that spent more time participating in physical activity reported:

A. Less physical impact of MS.
B. Less psychological impact of MS.
C. Both (A) and (B).
D. None of the above.

The Importance of Physical Fitness in Multiple Sclerosis

5. Which of the following is correct?

A. MS results in physical inactivity and physiological deconditioning.
B. Physiological deconditioning results in the worsening of MS.

C. Both (A) and (B).
D. None of the above.

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6. Which domain of health-related fitness has been identified as the most important from the perspective of preventing mobility and premature mortality as well as maintaining health in the general population?

A. Muscular
B. Cardiorespiratory
C. Motor
D. Morphological

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7. Which component of health-related fitness reflects fat, lean, and bone components of one's body?

A. Muscular
B. Cardiorespiratory
C. Motor
D. Morphological

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8. Persons with MS have diminished VO2peak compared to the general population.

A. True
B. False

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9. Low aerobic fitness is associated with reduced structural integrity of white matter tracts in the:

A. Left posterior thalamic radiation
B. Left anterior corona radiata
C. Right post-central gyrus
D. All of the above

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10. In this study, worse balance was correlated with:

A. Slower timed 25-foot walking performance
B. Shorter six-minute walk distance
C. Both (A) and (B)
D. None of the above

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11. Among those with MS, which of the following was significantly correlated with fatigue when assessed using the Fatigue Severity Scale?

A. VO2peak
B. Submaximal aerobic efficiency

C. Knee extensor power asymmetry
D. All of the above

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12. Exercise training interventions that primarily involve _____ have improved muscular fitness, as well as walking performance, and symptomatic fatigue in person with MS.

A. Aquatics training
B. Resistance training
C. Aerobic training
D. All of the above

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13. How many 30-minute sessions of aerobic activity should adults with MS participate in each week to improve aerobic capacity?

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

Evidence Based Therapeutic Exercise Recommendations for Patients with Multiple Sclerosis: A Physical Therapy Approach

14. To produce the same amount of force as a healthy person, patients with MS need to recruit more motor units per contraction.

A. True
B. False

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15. An increase of at least _____ degrees Celsius will slow and ultimately block nerve impulse conduction in demyelinated fibers.

A. 0.5
B. 0.75
C. 1.25
D. 1.5

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16. When performing resistance training it is important to take breaks between each set and allow the patient to fully recover before moving on.

A. True
B. False

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17. In approximately 40% of patients with MS, resistance training often initiates an increase in neurological symptoms lasting 4 hours post-training.

A. True
B. False

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18. Which of the following should be done to prevent an exacerbation of symptoms due to an increase in core temperature?

A. Room temperature should be set lower than usual.
B. Careful attention should be paid to the work:rest ratio.
C. Patients should be well hydrated throughout exercise.
D. All of the above.

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19. There is greater atrophy of _____ in patients with MS.

A. Type I fibers
B. Type II fibers
C. Type I and type II fibers have equal atrophy
D. Neither fiber type atrophies

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20. Allowing _____ to atrophy can lead to difficulty performing activities of daily living.

A. Type I fibers
B. Type II fibers
C. Both (A) and (B)
D. None of the above

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21. Research suggests a _____ minute rest between sets during resistance bouts.

A. 2 - 3
B. 5 - 10
C. 10 - 15
D. 20

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22. A half-hour cold bath before resistance exercise allows for approximately 75 minutes of sustained exercise without a significant increase in core temperature.

A. True
B. False

People with Multiple Sclerosis (MS) Improve in Measures of Health and Function after Participation in a Community-based Exercise Program

23. For those with MS, the top barrier to exercise is:

A. Fatigue
B. Pain
C. Ataxia
D. Spasticity

Benefits of Static Stretching, Pilates, and Elastic Bands Resistance Training on Patients with Relapsing-Remitting Multiple Sclerosis: A Longitudinal Study

24. Ten weeks of proprioceptive training have proven efficacy in:

A. Reducing spasticity
B. Normalizing muscle tone
C. Improvement of stability
D. All of the above

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25. Resistance training should focus on _____ muscles which are positively correlated with gait characteristics.

A. Adductors and quadriceps
B. Gastrocnemius and soleus
C. Adductors and gastrocnemius
D. Hamstrings and quadriceps
