

Flex Therapist CEUs

Muscular Dystrophy

1. Mutations in which gene cause Duchenne and Becker muscular dystrophy?

- A. Dystrophin
- B. Sarcoglycans
- C. Calpain
- D. Dysferlin

2. Which of the following is not as common in those with DMD?

- A. ADHD
- B. Dyslexia
- C. Executive Function Disorders
- D. Addison's Disease

3. What is the primary cause of death in individuals with Duchenne Muscular Dystrophy?

- A. Infectious diseases
- B. Neurological Decline
- C. Respiratory or Cardiac Complications
- D. Renal Failure

4. At what age do most individuals with Duchenne Muscular Dystrophy (DMD) typically lose the ability to walk independently?

- A. Before Age 8
- B. Between 8-12
- C. Age 15
- D. After Age 18

5. Out of these options, how can Duchenne Muscular Dystrophy (DMD) be inherited?

- A. From Carrier Fathers To Their Sons, Who Receive The Mutated X Chromosome.
- B. From Carrier Mothers To Their Daughters, Who Have A 50% Chance Of Inheriting The Carrier Status.
- C. From Fathers With DMD To Their Sons, Who Inherit The Mutated X Chromosome.
- D. Duchenne Muscular Dystrophy (DMD) is typically inherited in an autosomal dominant manner.

6. What is a characteristic clinical finding in children with Duchenne Muscular Dystrophy (DMD) when rising from the floor?

- A. Normal Stand
- B. Gower's Sign
- C. Wheelchair Assist
- D. Need Lifting

7. What impact does progressive muscle weakness have on respiratory function in Duchenne Muscular Dystrophy?

- A. Improved Respiratory Efficiency
- B. Causes No Changes
- C. Respiratory Weakness, Insufficiency and Failure
- D. Increases Lung Volume and Effective Cough

8. Which type of mutations are commonly associated with Becker Muscular Dystrophy in the DMD gene?

- A. Missense Mutations, Nonsense Mutations, Small Insertions, Or Deletions
- B. Large Chromosomal Rearrangements
- C. Duplication Of Entire Genes
- D. Inversions Of DNA Segments Within The Gene

9. What symptoms are characteristic of Becker Muscular Dystrophy?

- A. Progressive Muscle Weakness and Gait Abnormalities
- B. Sudden Onset of Muscle Rigidity and Joint Stiffness
- C. Rapid Development of Neurological Deficits
- D. Immediate Loss of Sensory Functions and Reflexes

10. Which proteins are commonly affected by mutations in LGMD?

- A. Proteins that Control Blood Sugar
- B. Proteins for Muscle Stability
- C. Proteins Involved in Brain Function and Neural Connectivity
- D. Proteins that Regular Kidney Function

11. At what age do symptoms typically begin to manifest in individuals with Limb-Girdle Muscular Dystrophy?

- A. One to Five
- B. Twenty to Thirty
- C. Forty-Fifty

D. 60 and older

12. What is a common clinical manifestation of LGMD?

- A. Rapid Cognitive Decline
- B. Progressive Muscle Weakness Around the Shoulders
- C. Severe Neurological Symptoms
- D. Rapid Vision Loss

13. What symptom is the earliest sign of FSHD?

- A. Difficulty With Fine Motor Skills
- B. Weakness In The Muscles Around The Scapulae
- C. Respiratory Insufficiency During Sleep
- D. Cardiac Complications Such As Arrhythmias

14. How does FSHD primarily affect muscle weakness?

- A. Symmetrically Affecting Both Sides Of The Body Equally
- B. Randomly Affecting Various Muscles Without Specific Pattern
- C. Asymmetrically, With One Side Of The Body More Affected Than The Other
- D. Mainly Affecting Lower Limbs Before Progressing To Upper Limbs

15. Which complication is associated with FSHD?

- A. Kidney Failure
- B. Increased Risk Of Infectious Diseases
- C. Respiratory Muscle Weakness Leading To Breathing Difficulties
- D. Neurodegenerative Disorders Such As Alzheimer's Disease

16. How does myotonic dystrophy (DM) typically affect life expectancy in type 1 (DM1) compared to type 2 (DM2)?

- A. Both DM1 And DM2 Typically Do Not Affect Lifespan C) D)
- B. DM1 Is Typically More Severe Than DM2, With A Significantly Shortened Lifespan In Many Cases
- C. DM2 Has A Greater Impact On Lifespan Than DM1
- D. DM1 And DM2 Increase Lifespan Due To Genetic Factors

17. Which symptom Is not typically associated With Myotonic Dystrophy?

- A. Progressive Muscle Weakness
- B. Prolonged Muscle Contractions Known As Myotonia
- C. Rapid Improvement In Muscle Strength Over Time

D. Difficulty With Swallowing And Speech Problems

18. What is a common symptom observed in infants with congenital muscular dystrophy (CMD)?

- A. High Muscle Tone
- B. Hypotonia
- C. Rapid Cognitive Development
- D. Increased Resistance to Passive Movement

19. What are the primary complications that may contribute to morbidity and mortality in congenital muscular dystrophy (CMD)?

- A. Neurological And Cognitive Impairments
- B. Respiratory Or Cardiac Issues Stemming From Muscle Weakness
- C. Enhanced Metabolic Function
- D. Increased Physical Strength And Mobility

20. Which type of muscular dystrophy is estimated to affect approximately 1 in every 3,500 to 5,000 male births worldwide?

- A. Becker MD
- B. Duchenne MD
- C. Myotonic MD
- D. LGMD

21. What is the primary cause of muscle fiber damage in Muscular Dystrophy?

- A. Dysfunctional Proteins Compromise The Muscle Cell Membrane, Causing Calcium Influx
- B. Excessive Myostatin Production Inhibits Muscle Growth
- C. Reduced Inflammatory Cytokine Production
- D. Uncontrolled Growth Due To Satellite Cell Proliferation

22. What is the purpose of measuring creatine kinase (CK) levels in the diagnosis of muscular dystrophy (MD)?

- A. To Assess The Degree Of Liver Damage
- B. To Evaluate The Extent Of Muscle Damage
- C. To Determine The Level Of Glucose In The Blood
- D. To Check The Efficiency Of Kidney Function

23. Which diagnostic test is used to identify specific protein deficiencies in muscular dystrophy, such as dystrophin in Duchenne Muscular Dystrophy (DMD)?

- A. Electrodiagnostic Testing

- B. Genetic Testing
- C. Immunohistochemistry
- D. Pulmonary Function Tests

24. Which condition is characterized by the degeneration of motor neurons, leading to muscle weakness, atrophy, and spasticity, and affects both upper and lower motor neurons?

- A. Myasthenia Gravis
- B. Amyotrophic Lateral Sclerosis (ALS)
- C. Lambert-Eaton Myasthenic Syndrome
- D. Spinal Muscular Atrophy (SMA)

25. What is the characteristic sign used to detect muscle weakness in Duchenne Muscular Dystrophy during clinical evaluation?

- A. Trendelenburg
- B. Babinski
- C. Gowers'
- D. Hoffman's

26. During what stage of Duchenne Muscular Dystrophy do children typically begin to use mobility aids such as braces?

- A. Initial Symptoms Stage
- B. Late Childhood
- C. Pre-teen Years
- D. Teenage Years

27. At what stage of Becker Muscular Dystrophy might individuals begin using mobility aids like canes or braces to assist with walking and balance?

- A. Early Stage
- B. Intermediate Stage
- C. Advanced Stage
- D. Late Stage

28. What is a common cardiovascular complication associated with certain types of Muscular Dystrophy (MD) such as Duchenne and Becker?

- A. Hypertension
- B. Cardiomyopathy
- C. Aortic Dissection
- D. Deep Vein Thrombosis

29. What is the primary goal of pharmacologic treatments in managing Duchenne Muscular Dystrophy (DMD)?

- A. To Completely Cure The Disease
- B. To Increase Muscle Enzyme Levels
- C. To Slow Muscle Degeneration And Improve Quality Of Life
- D. To Decrease Cardiac Output

30. Which diagnostic tool is routinely used to monitor heart function in patients with Duchenne Muscular Dystrophy?

- A. Spirometry
- B. Electromyography
- C. Gastrointestinal Endoscopy
- D. Echocardiogram

31. In managing Becker Muscular Dystrophy (BMD), what role do ACE inhibitors play?

- A. They Help Manage Cardiac Issues
- B. They Help Increase Muscle Mass
- C. They Are Used To Treat Neuropathic Pain
- D. They Directly Correct Genetic Mutations

32. What is the primary purpose of using non-invasive ventilation like BiPAP in Muscular Dystrophy care?

- A. To Enhance Physical Mobility
- B. To Support Breathing as Respiratory Muscles Weaken
- C. To Increase Heart Rate
- D. To Monitor Brain Activity

33. Which intervention is specifically used to manage scoliosis in patients with Muscular Dystrophy?

- A. Surgical Intervention
- B. Corticosteroid Therapy
- C. Psychological Counseling
- D. Genetic Therapy

34. What is the primary purpose of conducting a range of motion (ROM) assessment in patients with muscular dystrophy (MD)?

- A. To Evaluate Physical Strength and Endurance
- B. To Determine Cardiovascular Fitness

- C. To Measure Cognitive Function
- D. To Assess Joint Integrity and Muscular Function

35. Which test is commonly used to evaluate endurance and functional mobility in patients with muscular dystrophy?

- A. Gait Analysis
- B. 6MWT
- C. MMT
- D. Dynamometer Testing

36. During a neurological examination for muscular dystrophy, what gait pattern is characterized by a dropping of the hip on the side opposite to the lifted leg due to gluteal weakness?

- A. Trendelenburg Gait
- B. Toe Walking
- C. Steppage Gait
- D. Waddling Gait

37. What type of equipment might physical therapists evaluate for its appropriateness and effectiveness in later stages of muscular dystrophy?

- A. Manual and Power Wheelchairs
- B. Stationary Bike
- C. Cane
- D. Rollator Walker

38. What is emphasized during the early stages of physical therapy for patients with muscular dystrophy?

- A. High-Intensity Interval Training
- B. Immediate Transition To Advanced Aerobic Exercises
- C. Delaying The Progression Of Muscle Atrophy And Maintaining Neuromuscular Function
- D. Rapid Improvement In Functional Mobility

39. In the context of muscular dystrophy, why are isometric exercises recommended over high-load resistance activities?

- A. They Are Less Likely To Exacerbate Muscle Breakdown
- B. More Effective in Building Muscle Mass
- C. They Can Completely Reverse Muscle Weakness
- D. They Increase the Speed of Disease Progression

40. What is a primary goal of physical therapy in the management of muscular dystrophy (MD)?

- A. To Completely Reverse Muscle Weakness
- B. To Prevent Complications Such As Contractures And Respiratory Distress
- C. To Ensure Complete Recovery From The Disease
- D. To Increase Muscle Mass

Copyright © 2026 Flex Therapist CEUs

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