

Flex Therapist CEUs

Muscular Dystrophy

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

- A. Dystrophin
 - B. Sarcoglycans
 - C. Calpain
 - D. Dysferlin
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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
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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
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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
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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.
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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
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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
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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
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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
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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
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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
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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
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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
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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
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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
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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
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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
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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
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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
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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
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23. Which diagnostic test is used to identify specific protein deficiencies in muscular dystrophy, such as dystrophin in Duchenne Muscular Dystrophy (DMD)?

- A. Electromyographic Testing

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