

# Flex Therapist CEUs

## Parkinson's Disease: Postural Instability Interventions

**The effectiveness of physiotherapy treatment on balance dysfunction and postural instability in persons with Parkinson's disease: a systematic review and meta-analysis**

**1. Parkinson's disease is the most common neurological disease in the world that affects neurophysiologic function, movement abilities, and quality of life.**

- A. True
  - B. False
- 

**2. Which of the following is the common incapacitating symptom of PD?**

- A. Balance dysfunction
  - B. Increased frequency of falls and injuries
  - C. Increased comorbidities
  - D. Loss of equilibrium
- 

**3. Although patients with PD get the best available medications, they still experience a decline of body function, daily activities, participation and weakening in mobility.**

- A. True
  - B. False
- 

**4. This systematic review showed that \_\_\_\_\_ will help to improve range of motion, endurance, gait parameters, functional reaching activities and postural stability in particular and balance at large.**

- A. Resistance training
  - B. Active joint mobilization
  - C. Incremental speed-dependent treadmill training
  - D. Exercises of self-destabilization
- 

**5. This review found weak evidence that freely coordinated resistance training might be more effective than balance training for improving postural control and balance in people with PD.**

- A. True
  - B. False
-

**6. Which of the following has been found to significantly reduce the number of fallers at post 3 months, 6 months, and 12 months, and has also been shown to deliver a lower fall rate compared to the control group?**

- A. Resistance training
  - B. Technology assisted balance and gait training
  - C. Active joint mobilization
  - D. Incremental speed-dependent treadmill training
- 

## **Effects of a sensory-motor orthotic on postural instability rehabilitation in Parkinson's disease: a pilot study**

**7. It is well-known that postural control in PD patients mainly relies on:**

- A. Visual information
  - B. Executive function
  - C. Muscle control
  - D. Selective attention
- 

**8. It has been demonstrated that \_\_\_\_\_ stimulation has an influence on muscular tone with increased voluntary activation and improved muscle velocity and strength.**

- A. Muscle
  - B. Joint
  - C. Ligament
  - D. Tendon
- 

**9. Which of the following activates the peroneal, abductor, and paraspinal muscles?**

- A. The medial spot
  - B. The lateral spot
  - C. The metatarsal spot
  - D. The under digit spot
- 

**10. An increase of sway area values, obtained during the instrumental functional reaching test, and an improvement of the Romberg index were seen in the:**

- A. Control group immediately after the training
  - B. Control group at the follow-up evaluation
  - C. Experimental group immediately after the training
  - D. All of the above were shown to have an increase of sway area values and an improvement of the Romberg index
-

**11. Anticipatory postural adjustments and reactive postural reactions in PD are compromised, in the sense that they are reduced in:**

- A. Amplitude
  - B. Velocity
  - C. Both amplitude and velocity
  - D. Neither amplitude nor velocity
- 

**12. Significant changes in the posturographic data during the FRT in the experimental group were seen only when the patients were required to execute the test:**

- A. While standing
  - B. With their non-dominant arm
  - C. With the elevated arm at shoulder's height
  - D. With their eyes closed
- 

**Effects of a balance-based exergaming intervention using the Kinect sensor on posture stability in individuals with Parkinson's disease: a single-blinded randomized controlled trial**

**13. Positive effects of exergaming on balance, functional abilities and activities of daily living were found:**

- A. Within groups
  - B. Between groups when compared to the control group
  - C. Both within and between group differences were found
  - D. No positive effects of exergaming were found
- 

**14. This study showed that balance-based exergaming training had a greater effect on postural stability compared with conventional balance training.**

- A. True
  - B. False
- 

**15. The findings suggest that exercises containing \_\_\_\_\_ component were most beneficial in improving postural stability in people with PD.**

- A. A resistance
  - B. A flexibility
  - C. An endurance
  - D. A balance
-

**16. The findings of this study revealed that balance-based exergaming training produced particularly strong effects on directional control in:**

- A. Limits of stability
  - B. One-leg stance
  - C. Timed up and go
  - D. Berg Balance Scale
- 

**17. Which component of LOS remained unchanged after exergaming training?**

- A. Reaction time
  - B. Movement velocity
  - C. Endpoint excursion
  - D. Directional control
- 

**18. The current results revealed better OLS performance in the eyes-open condition after exergaming training.**

- A. True
  - B. False
- 

**19. All of the following are important characteristics of interventions in PD, except for:**

- A. Being task-specific
  - B. Being progressive
  - C. Lower challenge level
  - D. Variable in terms of practice
- 

**20. The significant changes in BBS and TUG performance observed after the exergaming and conventional balance training both reached detectable changes in patients with PD. (26)**

- A. True
  - B. False
- 

**Immediate effects of physical therapy on postural instability and frontal lobe dysfunction, as indicated by Frontal Assessment Battery score, in Parkinson's disease**

**21. Which of the following is due to the loss of postural reflexes?**

- A. Gait disturbances
- B. Postural instability

- C. Both gait disturbances and postural instability
  - D. Neither gait disturbances nor postural instability
- 

**22. Although not common in the early stages of the disease, gait disturbances is one of the most common factors that cause distress in the later stages.**

- A. True
  - B. False
- 

**23. As PD progresses, various complex non-motor symptoms tend to occur more often, among them, \_\_\_\_\_ dysfunction, which is associated with motor learning and executive disorder, modifies the motor symptoms.**

- A. Broca's area
  - B. Occipital lobe
  - C. Wernicke's area
  - D. Frontal lobe
- 

**24. The physical therapy sessions of this study consisted of which intervention activity reported to be effective for PI improvement?**

- A. Stretching exercises
  - B. Balance training
  - C. Gait training
  - D. Stretching, balance, and gait training are all reported to be effective for PI improvement and therefore were included as part of the intervention activities
- 

**25. The FAB high-score group showed which of the following immediate improvements in trunk movement?**

- A. Decreased changes in total displacement of the COG and in total AP displacement
  - B. Minimum AP displacement
  - C. Maximum anterior speed of the C7 marker
  - D. The FAB high-score group showed all of the above as immediate improvements in trunk movement
- 

**26. The FAB low-score group showed significantly lower scores in which domain?**

- A. Inhibitory control
  - B. Environmental autonomy
  - C. Both inhibitory control and environmental autonomy
  - D. Neither inhibitory control nor environmental autonomy
-

**27. The findings of this study suggest that FAB scores could be useful for predicting which PD patients would be more likely to show the immediate effects of PT on PI.**

- A. True
  - B. False
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