Flex Therapist CEUs

Pediatric Physical Therapy - Overview & Considerations

1. What might a therapist try to improve the strength of a weak arm in a child with cerebral palsy?

A. Strength Training
B. Reaching Activities
C. Constraint-Induced Movement Therapy
D. Upper Extremity Stretching

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2. What skill should an infant attain by six months?

A. Sitting Independently
B. Walking
C. Standing
D. Rolling from Supine to Prone

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3. What is the benefit of the Schroth method?

A. Helping Lower Scoliosis Curvature
B. Improve Core Strength
C. Maintain Strength in Children with Muscular Dystrophy
D. Improve the Ability to Walk with Down Syndrome

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4. Which type of cerebral palsy is most common and results in hypertonic muscles?

A. Dyskinetic CP
B. Ataxic CP
C. Spastic CP
D. Mixed CP

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5. Which position should be avoided among children?

A. Long Sitting
B. Prone Lying
C. Criss Cross Sitting
D. W Sitting

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6. At what age does intoeing typically resolve?

A. Three
B. Eight
C. Four
D. Six

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7. What intervention is the most effective in infants with congenital muscular torticollis?

A. Manual Stretching
B. Neck Strengthening
C. Surgery
D. Neck Braces

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8. What is the most effective strength testing technique in pediatric physical therapy?

A. Manual Muscle Testing
B. Observation
C. Grip Strength
D. Testing is not Possible

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9. Which type of spina bifida is most severe and can cause neurologic compromise?

A. Myelomeningocele
B. Spina Bifida Occulta
C. Meningocele
D. Benign Spina Bifida

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10. Which type exercise should be avoided in children with muscular dystrophy?

A. Moderate Intensity Aerobic Exercise
B. High Intensity Strength Training
C. Swimming
D. Low Intensity Strength Training

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11. What is the best therapeutic intervention for children with cystic fibrosis?

A. Pursed Lip Breathing
B. Oxygen
C. Chest Physical Therapy
D. Position Changes

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12. A child with which condition may benefit from a posterior walker?

A. Cerebral Palsy
B. Autism
C. Chiari Malformation
D. Ehlers-Danlos Syndrome

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13. What degree of curvature would a child with scoliosis benefit from surgery?

A. 10 Degrees
B. 20 Degrees
C. 30 Degrees
D. 40 Degrees

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14. What should a therapist do if they see bruises around the wrists and ribs on a three-year-old child during an early intervention visit?

A. Continue Treating the Child, Bruises are Normal
B. Report to the National Child Abuse Hotline
C. Ask the Parents Immediately Why Their Child is Bruised
D. Work on Balance Training to Avoid Falls

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15. Which age should all children be able to walk independently?

A. 8 Months
B. 12 Months
C. 18 Months
D. 24 Months

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16. Which intervention may be helpful in children with Osteogenesis Imperfecta?

A. Strength Training
B. Running Program
C. Caregiver Education on Preventing Fractures and Assisting the Child with Independence
D. Task Specific Activity Training

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17. Which inherited disorder is characterized by hypotonic muscles, laxity in joints, and flat facial features?

A. Down Syndrome
B. Chiari Malformation
C. Spina Bifida
D. Muscular Dystrophy

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18. What is the role of a physical therapist in the neonatal intensive care unit?

A. Positioning and Education
B. Developmental Skills
C. Strengthening
D. Stretching

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19. What is the best strengthening intervention in children with developmental delay?

A. Strength Training
B. Aerobic Exercise
C. Child Activity Directed Tasks
D. Therapist Directed Tasks

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20. What intervention should a physical therapist perform when a child at age 12 has knee pain and his knees go into valgus with squatting?

A. Balance Training
B. Aquatic Therapy
C. Nothing, This is Normal
D. Hip Strengthening

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