

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

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

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

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

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

5. Which position should be avoided among children?

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

6. At what age does intoeing typically resolve?

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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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