

# Flex Therapist CEUs

## Shoulder - Adhesive Capsulitis: Clinical Assessment & Treatment

**1. What age group is most likely to develop Adhesive Capsulitis?**

- A. 40-60 years old
  - B. 30-40 years old
  - C. 60-70 years old
  - D. 20-40 years old
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**2. Which stage of Adhesive Capsulitis is most painful?**

- A. Thawing
  - B. Freezing
  - C. Frozen
  - D. None of Above
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**3. What is one nonconservative treatment option for Adhesive Capsulitis?**

- A. Shoulder Replacement
  - B. Arthroscopic nerve block
  - C. Manipulation under Anesthesia
  - D. None of Above
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**4. What is normal and Adhesive Capsulitis range of motion values for external rotation?**

- A. Normal: 20; AC: 10
  - B. Normal: 55, AC: 33
  - C. Normal: 100, AC: 35
  - D. Normal: 60; AC: 15
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**5. Name two comorbidities associated with a higher risk of developing AC.**

- A. Traumatic Brain Injury and hypertension
  - B. Coronary artery disease and Myasthenia Gravis
  - C. Dementia and hypertension
  - D. Diabetes Mellitus and cardiovascular disease
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**6. What are the most common symptoms of Adhesive Capsulitis?**

- A. Pain and loss of range of motion
  - B. Pain and instability
  - C. Instability and loss of range of motion
  - D. Loss of range of motion and clicking sensation
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**7. What are the three recognized stages of Adhesive Capsulitis in order of clinical presentation?**

- A. Thawing, Freezing, Frozen
  - B. Freezing, Frozen, Thawing
  - C. Frozen, Thawing, Freezing
  - D. Freezing, Thawing, Frozen
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**8. List two conservative management techniques for Adhesive Capsulitis.**

- A. Hydrodilation and Arthroscopic capsular release
  - B. Manipulation under anesthesia and physical therapy
  - C. Physical therapy and corticosteroid injection
  - D. Total shoulder replacement and cryotherapy
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**9. How long should a patient pursue conservative management before nonconservative management can be considered?**

- A. 1 month
  - B. 2-3 months
  - C. 4-6 months
  - D. over 6 months
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**10. Which ranges of motion of the glenohumeral joint are the most affected by Adhesive Capsulitis?**

- A. Internal rotation, extension
  - B. External rotation, abduction, flexion
  - C. Horizontal adduction and external rotation
  - D. Abduction, internal rotation and extension
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