

Flex Therapist CEUs

Stroke - Role of Physical Therapy

1. Which type of CVA has the highest mortality rate?

- A. Hemorrhagic
- B. Ischemic
- C. Cryptogenic
- D. Embolic

2. What type of gait pattern is commonly exhibited in patients after a cerebellar stroke?

- A. Spastic
- B. Steppage
- C. Propulsive
- D. Ataxic

3. What intervention may be prioritized after a patient post ischemic CVA in acute care is able to stand with CGA?

- A. Lower Extremity Exercises
- B. High Level Balance Training
- C. Assisted Ambulation
- D. Transfers

4. Which is the most commonly affected artery by ischemic CVA?

- A. Anterior Cerebral Artery
- B. Middle Cerebral Artery
- C. Vertebrobasilar Artery
- D. Posterior Cerebral Artery

5. Which outcome test for balance assesses a person's ability to maintain balance during several static and dynamic activities?

- A. TUG
- B. BBS
- C. 6MWT
- D. mRS

6. What is the hallmark sign of a cerebellar CVA?

- A. Aphasia
- B. Lower Extremity Weakness
- C. Poor Coordination
- D. Loss of Upper Extremity Sensation

7. What addition to a walker should be used for a patient with 1/5 wrist and hand strength to allow safe ambulation?

- A. Brakes
- B. Lever
- C. Platform
- D. Wheels

8. Which spinal tract carries information about crude touch and temperature?

- A. Spinothalamic
- B. Corticospinal
- C. Vertebrospinal
- D. Rubrospinal

9. What clinical problem occurs when one has difficulty forming sentences and speaking fluently?

- A. Broca's Aphasia
- B. Wernicke's Aphasia
- C. Receptive Aphasia
- D. Global Aphasia

10. Which measure is used to evaluate a person's ability to perform basic activities of daily living (ADLs) and mobility tasks?

- A. BBS
- B. FIM
- C. TUG
- D. mRS

11. Which of the following is not a lifestyle factor associated with having a stroke?

- A. Sedentary Behavior
- B. Smoking
- C. Drinking Alcohol Excessively
- D. Bleeding Disorder

12. Which orthotic device should be used for a patient who cannot clear their foot while ambulating?

- A. AFO
- B. KAFO
- C. HKAFO
- D. Foot Orthotic

13. Which scale measures muscle tone for patients with neurological disorders?

- A. Muscle Tone Scale
- B. Modified Ashworth Scale
- C. Weber Test
- D. Rinne Test

14. What type of stroke occurs from bleeding between the pia mater and arachnoid mater?

- A. Subdural Hemorrhage
- B. Intracerebral Hemorrhage
- C. Subarachnoid Hemorrhage
- D. Embolic CVA

15. What action should a PT take if their patient in outpatient therapy admits to feeling depressed the majority of the time?

- A. Take No Action, This is Expected
- B. Counsel the Patient
- C. Call the Patient's Family
- D. Refer to Professional Mental Health Clinician

16. Which of the following is concerning in a physical therapist examination for a patient post CVA?

- A. SpO2 of 94%
- B. BP of 82/45
- C. HR of 98
- D. RR of 19

17. What immediate intervention should a PT in home health take if the patient is using their hands to stabilize themselves in the bathroom?

- A. Recommend and Order Grab Bars
- B. Focus on Dynamic Balance
- C. Prevent Patient from Using Objects for Stability

D. Have Family Member Guard Patient

18. What is the focus of the subacute phase of rehabilitation after CVA?

- A. Endurance
- B. Returning Fully to Prior Level
- C. Independent Ambulation by Six Weeks
- D. Progressive Gait, Balance, and Strength Training within Tolerance

19. What should be the focus of outpatient physical therapy for a patient who had a Left MCA stroke one year ago, who struggles most with stair negotiation due to lower extremity weakness?

- A. Progressive Strengthening
- B. Upper Extremity Coordination Exercises
- C. CIMT
- D. Balance Training

20. Which of the following is not a deficit following PCA stroke?

- A. Prosopagnosia
- B. Cortical Blindness
- C. Lower Extremity Weakness
- D. Memory Impairments

21. Which phase of rehabilitation focuses on simulating real-world activities and return prior level of function?

- A. Acute
- B. Subacute
- C. Chronic
- D. Sub Chronic

22. What is the purpose of a turning schedule for patients who are confined to bed in stroke rehabilitation?

- A. Preserving Strength
- B. Reducing Pressure Wound Risk
- C. Improving Bed Mobility
- D. Reducing Caregiver Burden

23. Which intervention involves the immobilization of a strong limb to force a patient to use the weaker side?

- A. Virtual Reality

- B. Stability Enforcement
- C. CIMT
- D. Dynamic Balance Training

24. Which lobe of the cerebrum is responsible for processing sensory information?

- A. Frontal
- B. Parietal
- C. Temporal
- D. Occipital

25. What is a neurological sign characterized by a rhythmic, involuntary, and repetitive muscle contraction and relaxation?

- A. Clonus
- B. Ataxia
- C. Dysmetria
- D. Intention Tremor

26. At what point should a physical therapist begin mobility progression with patients after a stroke?

- A. 72 Hours Following Stroke
- B. As Early as Medically Able
- C. One Week after the CVA
- D. Once Patient is Alert and Oriented

27. Which of the following are not deficits from an ACA stroke?

- A. Apraxia
- B. Gait Disturbances
- C. Neglect Syndrome
- D. Upper Extremity Weakness

28. What intervention allows for task specific training, enhances patient engagement, feedback, and provides a safe environment?

- A. CIMT
- B. Clinical Training
- C. Home Rehabilitation
- D. Virtual Reality

29. The integrity of which pathway is being tested with light touch discrimination?

- A. Spinothalamic Tract
- B. Corpus Callosum
- C. Dorsal Column Medial Lemniscus
- D. Rubrospinal Tract

30. What type of stroke occurs when a blood clot forms elsewhere in the body to bloc a vessel in the brain?

- A. Embolic CVA
- B. Hemorrhagic CVA
- C. Cryptogenic CVA
- D. Thrombotic CVA

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