

# 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
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**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
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**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

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**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
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**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 block a vessel in the brain?**

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