

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

- A. Spastic
 - B. Steppage
 - C. Propulsive
 - D. Ataxic
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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
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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
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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**
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8. Which spinal tract carries information about crude touch and temperature?

- A. Spinothalamic**
 - B. Corticospinal**
 - C. Vertebrospinal**
 - D. Rubrospinal**
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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**
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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**
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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**
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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**
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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**
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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**
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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**
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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**
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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**
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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**
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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**
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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**
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27. Which of the following are not deficits from an ACA stroke?

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