Flex Therapist CEUs

The Vagus Nerve: Considerations for Physical Therapists

1. Which numbered cranial nerve is the vagus nerve?

A. 7
B. 5
C. 8
D. 10

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2. Which receptors influence cardiac regulation of the autonomic nervous system?

A. Alpha 1 and beta 2
B. Alpha 2 and beta 1
C. Beta 1 and 2
D. Alpha 1 and 2

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3. How many cervical ganglia exist in the sympathetic chain?

A. 2
B. 4
C. 1
D. 3

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4. What the normal resting heart rate in adults?

A. 70 to 100
B. 40 to 70
C. 80 to 110
D. 90 to 120

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5. What happens due to the vasovagal response?

A. Vomiting
B. Headache
C. Syncope
D. Abdominal pain

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6. What condition has vagus nerve stimulation treated most effectively?

A. Vomiting
B. Anxiety
C. CVA
D. Epilepsy

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7. Which supplement can help regulate vagus nerve response?

A. Vitamin D
B. Omega 3 fatty acids
C. Zinc
D. Vitamin E

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8. What is a trigger for the vasovagal response?

A. Fatigue
B. Severe pain
C. Walking
D. Poor sleep

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9. Why does the vasovagal response occur?

A. Lower extremity vessel dilation
B. Nausea
C. Upper extremity vessel dilation
D. Headache

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10. What is a sign of Horner Syndrome?

A. Ptosis
B. Vomiting
C. Syncope
D. Excess sweating

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