

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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