

# 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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