

Flex Therapist CEUs

Total Knee Arthroplasty: Stair Negotiation and Gait

1. Data from instrumented total knee prostheses showed that knee flexion moments during stair walking is _____% greater than those for level walking.

- A. 10
 - B. 20
 - C. 30
 - D. 40
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2. Results of this study show _____ during stair ascending compared to level walking.

- A. That the TKA-patients walked with a slower velocity than age-matched controls
 - B. More differences in joint kinetics between TKA-patients and age-matched controls
 - C. More differences in lower body angles between TKA-patients and age-matched controls
 - D. All of the above
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3. Lower knee flexion moments and higher knee extension moments have been proposed as a compensatory stabilizing mechanism for abnormal function of the quadriceps muscle because of loss of function or loss of muscle force after extended periods of pain?

- A. True
 - B. False
-

4. Which of the following showed a significant difference during stance between patients and control subjects during stair ascending?

- A. Knee flexion-extension impulse
 - B. Maximal knee power
 - C. Both (A) and (B)
 - D. None of the above
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5. Quadriceps strength was found to be a limiting factor for sufficiently balancing external knee flexion moments during ambulation.

- A. True

B. False

6. The results of this study indicate that TKA-patients should strengthen their _____ to improve knee kinetics in the sagittal plane for level walking and ascending stairs.

- A. Knee extensors**
 - B. Calf muscles**
 - C. Both (A) and (B)**
 - D. None of the above**
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