

Flex Therapist CEUs

Whiplash Therapy Management

1. Which of the following is the cardinal symptom of WAD?

- A. Neck stiffness
 - B. Neck pain
 - C. Headache
 - D. All of the above
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2. Cohort studies have demonstrated that recovery, if it occurs, takes place within the first _____ following the injury with a plateau in recovery following this time point.

- A. 2 to 4 weeks
 - B. 1 to 2 months
 - C. 2 to 3 months
 - D. 6 months
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3. The greatest proportion of those with WAD are predicted to follow which recovery pathway?

- A. Initial levels of pain-related disability are mild to moderate and recovery is good.
 - B. Initial moderate to severe pain-related disability, with some recovery but with disability levels remaining moderate at 12 months.
 - C. Initial severe pain-related disability and some recovery to moderate or severe disability.
 - D. All of the above.
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4. Evidence supports mechanical hyperalgesia as an adverse prognostic indicator.

- A. True
 - B. False
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5. Activity and exercise are superior to restricting movement with a soft collar, as strong evidence confirms that immobilization is ineffective for the management of acute WAD.

- A. True
 - B. False
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6. From a clinical perspective, exercise and activity should be used in the treatment of:

- A. Acute WAD**
 - B. Chronic WAD**
 - C. Both (A) and (B)**
 - D. None of the above**
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7. Current clinical guidelines recommend, on consensus, that muscle relaxants combined with non-steroidal anti-inflammatory drugs be given to patients for pain management of acute and chronic WAD.

- A. True**
 - B. False**
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