

# Flex Therapist CEUs

## Alzheimer's Disease and Exercise

1. How many stages are there to Alzheimer's?

- A. One
  - B. Four
  - C. Three
  - D. Two
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2. What are some types of screening exams for Alzheimer's or other cognitive impairment?

- A. Mini Cog, Mini Mental State Exam, Ten Step Questionnaire
  - B. Ten Step Questionnaire, Clock Drawing Test, Impaired Cognitive Exam
  - C. Ten Step Questionnaire, Self Administered Gerocognitive Exam, Clock Drawing Test
  - D. Self Administered Gerocognitive Exam, Mini Cog, Mini Mental State Exam
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3. Cognitive mental exams include elements to test orientation, math, short term memory, problem-solving ability, and motor skills.

- A. True
  - B. False
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4. What are some physical deficits associated with Alzheimer's?

- A. Balance issues, decreased flexibility, declining gait quality
  - B. Somnolism, decreased strength, poor posture
  - C. Joint instability, poor gait skills, rapid breathing
  - D. Sweating, insomnia, trembling
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5. The brain gains volume during the progression of Alzheimer's.

- A. True
  - B. False
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6. What qualities should exercise for those with Alzheimer's include?

- A. Simplicity, regularity, multi tasking
- B. Simple, repetitive, engaging

- C. Independent exercise, repetitive, physically challenging**
  - D. Multi tasking, physically challenging, independent exercise**
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**7. What are three of the body's systems that balance relies upon?**

- A. Visual, Vocal, Vestibular**
  - B. Proprioception, Vestibular, Vocal**
  - C. Vestibular, Proprioception, Visual**
  - D. Vocal, Proception, Vestibular**
- 

**8. Yoga, meditation, and Tai Chi can be useful tools due to the calming effect on the patient and the simple movements.**

- A. True**
  - B. False**
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**9. Physical activity has been shown to delay and even prevent cognitive decline.**

- A. True**
  - B. False**
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**10. What are the structures called that become twisted in the brain, causing disruption in cellular processes and cell death?**

- A. Tau Proteins**
  - B. Microtubule twists**
  - C. Exogenic fibers**
  - D. Neurofibrillary tangles**
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