

Flex Therapist CEUs

Cervical Radiculopathy - Clinical Application of Traction and Exercises

1. What is the most common age group for CR to occur?

- A. 20s
 - B. 30s
 - C. 70s
 - D. 50s
-

2. What is a cause of CR?

- A. Migraine
 - B. Spinal nerve compression
 - C. Osteoporosis
 - D. Spinal stability
-

3. What is not a sign of CR?

- A. Headache
 - B. Numbness in hand
 - C. Pain in mid-back
 - D. Aching in cervical spine
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4. What is the most common symptom of CR?

- A. Arm pain
 - B. Sensation deficit
 - C. Reflex deficit
 - D. Weakness
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5. Which is not a prognostic factor for developing CR?

- A. Other musculoskeletal disorders
 - B. Passive coping strategy
 - C. Having an office job
 - D. Psychological distress
-

6. Where will C5 radiculopathy produce referral pain?

- A. Neck**
 - B. Fingers**
 - C. Low back**
 - D. Occiput**
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7. Where would expected weakness occur with a C7 radiculopathy?

- A. Hypothenar muscles**
 - B. Biceps brachii**
 - C. Wrist flexors**
 - D. Wrist extensors**
-

8. Which is not a diagnostic strategy for CR?

- A. Xray**
 - B. MRI**
 - C. CT**
 - D. Nerve conduction study**
-

9. What percentage of the population with or without symptoms have evidence of cervical spine degeneration?

- A. 80%**
 - B. 20%**
 - C. 50%**
 - D. 70%**
-

10. Which imaging study is most effective for diagnosis of CR?

- A. MRI**
 - B. CT myelography**
 - C. NCS**
 - D. EMG**
-

11. What pathology is CT myelography most useful in detecting?

- A. Cervical radiculopathy**
 - B. Spinal pathology**
 - C. Spinal nerve impingement**
 - D. Infection**
-

12. What contributes to complex CR?

- A. Abscess**
 - B. Pain in thumb**
 - C. Sensation loss in lateral forearm**
 - D. No improvement in one week**
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13. What will an EMG study reveal?

- A. Sensation deficits**
 - B. Weakness in myotome pattern**
 - C. Pain in upper extremity**
 - D. Weakness in lower extremity**
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14. Which is not a standard part of a physical therapy assessment for CR?

- A. Posture**
 - B. Thoracic mobility**
 - C. Abdominal strength**
 - D. ROM in upper extremities**
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15. How many degrees should the cervical spine flex normally?

- A. 20 degrees**
 - B. 40 degrees**
 - C. 60 degrees**
 - D. 80 degrees**
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16. What spinal segments allow most of the rotation of the cervical spine?

- A. C4-5**
 - B. C2-3**
 - C. C1-2**
 - D. C6-7**
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17. What can a clinician expect if a patient has active shoulder flexion to 60 but passive to 170 degrees?

- A. Joint restriction**
 - B. Muscle length issue**
 - C. Neoplasm**
 - D. Thoracic outlet syndrome**
-

18. Which dermatome is affected with parasthesia in the upper clavicle?

- A. C3**
 - B. C5**
 - C. C2**
 - D. C4**
-

19. The tendon of which muscle should be tested for deep tendon reflex to examine C6 nerve root?

- A. Flexor pollicis longus**
 - B. Brachioradialis**
 - C. Triceps brachii**
 - D. Anterior deltoid**
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20. What does the Spurling's test detect?

- A. Nerve root compression**
 - B. Migraine**
 - C. Thoracic outlet syndrome**
 - D. Decreased thoracic extension**
-

21. What is not a test part of the CPR for cervical radiculopathy?

- A. Distraction**
 - B. Spurling's**
 - C. Rotation more than 60 degrees**
 - D. ULTTa**
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22. What should a clinician examine if suspecting cervical myelopathy?

- A. Blood flow to cervical spine**
 - B. Babinski reflex**
 - C. Nerve conduction study**
 - D. Lower extremity strength**
-

23. What is a common pathology causing CR?

- A. Tumor**
 - B. Infection**
 - C. Disc herniation**
 - D. Trauma**
-

24. What is the most common operation for CR?

- A. Anterior cervical discectomy and fusion**
 - B. Cervical disc replacement**
 - C. Minimally invasive posterior cervical foraminotomy**
 - D. Laminectomy**
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25. When is a cervical collar most useful?

- A. 1 year after injury**
 - B. 4 days after pain began**
 - C. For mild pain**
 - D. One month after pain**
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26. Which medication is not supported in management of CR?

- A. NSAID**
 - B. Epidural steroid**
 - C. Opioid**
 - D. Tricyclic antidepressant**
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27. Which type of traction is most supported in literature for longer lasting treatment of CR?

- A. Mechanical**
 - B. Over the door**
 - C. Prone**
 - D. Manual**
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28. When combined with other interventions which treatment is proven most effective for CR?

- A. Manipulation**
 - B. Steroid injection**
 - C. Surgery**
 - D. Exercise**
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29. Which muscles are important to strengthen when treating CR?

- A. Latissimus dorsi**
 - B. Deep neck flexors**
 - C. Pectoralis major**
 - D. Levator scapulae**
-

30. Which outcome measure should be used to capture neck pain and disability?

- A. ODI**
- B. NPRS**
- C. NDI**
- D. DASH**

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