

Flex Therapist CEUs

Ehlers-Danlos Syndromes: Physical Therapy Considerations

1. What type of Ehlers Danlos Syndrome is most common?

- A. Classical
 - B. Vascular
 - C. Hypermobile
 - D. Classical-Like
-

2. What causes EDS?

- A. Genetic Inheritance
 - B. Developmental Delay
 - C. Autoimmune Response
 - D. Repetitive Injuries
-

3. Which type of EDS has the highest mortality rate?

- A. Classical
 - B. Vascular
 - C. Hypermobile
 - D. Classical-Like
-

4. Which type of EDS is characterized by short height, blue sclerae, intellectual disability and long digits?

- A. Classical
 - B. Spondylodysplastic
 - C. Vascular
 - D. Arthrochalasia
-

5. Which tool is used in the clinic to identify joint hypermobility?

- A. Brighton Scale
 - B. Hypermobility Scale
 - C. Joint Mobility Scale
 - D. Beighton Scale
-

6. What is the largest benefit of manual therapy for patients with Ehlers Danlos Syndrome?

- A. Strengthening**
 - B. Joint Mobility**
 - C. Pain Control**
 - D. Balance Remediation**
-

7. Why do patients with EDS often not get enough exercise?

- A. Chronic Pain**
 - B. Difficulty Breathing**
 - C. Depressive Symptoms**
 - D. Poor Sleep Quality**
-

8. What assistive device is most appropriate for a 70-year-old woman with hypermobile EDS who has fallen three times in the past few months?

- A. Wheelchair**
 - B. Crutches**
 - C. Wheeled Walker**
 - D. Cane**
-

9. When may crutches be an appropriate assistive device for a patient with EDS?

- A. After Hip Surgery**
 - B. After Two Falls**
 - C. Diagnosis of Kyphoscoliotic EDS**
 - D. In Adolescence**
-

10. What is the purpose of Kinesiotape for treating EDS?

- A. Joint Stability**
 - B. Muscle Activation**
 - C. Reducing Fall Risk**
 - D. Improving Balance**
-

11. What is the most appropriate cardiovascular exercise for a patient with severe joint pain?

- A. Jogging**
- B. Walking**
- C. Weightlifting**

D. Swimming

12. What is the biggest concern when a physician prescribes steroids for pain control?

- A. Connective Tissue Weakening**
 - B. Dependence**
 - C. Cardiac Problems**
 - D. Digestive Problems**
-

13. What is an important piece of education regarding activities for teenagers with hypermobile EDS?

- A. Perform Resistive Exercise Daily**
 - B. Avoiding Contact Sports**
 - C. To Use Crutches for Pain Relief**
 - D. To Avoid Endurance Training**
-

14. Which is not a common symptom of patients with EDS?

- A. Digestive Trouble**
 - B. Poor Wound Healing**
 - C. Quick Muscle Recovery**
 - D. High Incidence of Mood Disorders**
-

15. Which score on the Beighton Scale represents joint hypermobility in children?

- A. 3/9**
 - B. 5/9**
 - C. 2/9**
 - D. 7/9**
-

Copyright © 2024 Flex Therapist CEUs

Visit us at <https://www.flextherapistceus.com>