

Flex Therapist CEUs

Management of ACL Injuries in Children

1. How many main ligaments surround the knee to provide support?

- A. 4
 - B. 1
 - C. 3
 - D. 2
-

2. What is not a risk factor for ACL tears?

- A. Improper footwear
 - B. Female gender
 - C. Sports
 - D. Hip weakness
-

3. A major immediate sign of an ACL tear is;

- A. Nausea
 - B. Falling
 - C. A popping sound
 - D. Burning pain
-

4. What is not a test used to determine a torn ACL?

- A. Reverse Clunk Test
 - B. Reverse Pivot Shift Test
 - C. Lachman's Sign Test
 - D. Clunk Test
-

5. What can be used to show the extent of injury to the surrounding cartilage?

- A. X-ray
 - B. MRI
 - C. Anterior Drawer Test
 - D. CT scan
-

6. What method is useful for alleviating pain and swelling throughout the process?

- A. SALT**
 - B. TIME**
 - C. POLICE**
 - D. FORT**
-

7. What movement is unlikely to contribute to an ACL injury?

- A. Pivoting**
 - B. Cutting**
 - C. Jumping**
 - D. Squatting**
-

8. How long does it normally take to recover from ACL reconstruction?

- A. 3-4 months**
 - B. 6-12 months**
 - C. 6-24 months**
 - D. 8-10 months**
-

9. Disturbance to the growth plate can result in leg length discrepancies and angular deformities.

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

10. Immediately after surgical reconstruction, the patient should begin exercise with resistance.

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

Copyright © 2024 Flex Therapist CEUs

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