

Flex Therapist CEUs

Shoulder Impingement: An Athlete Case Study

1. Which of the following correctly describe SIS?

- A. It typically manifests with pain bilaterally.
 - B. The pain is commonly localized to the superior and lateral aspect of the involved shoulder.
 - C. It results in increased pain with adduction and internal rotation.
 - D. It results in decreased ROM around the involved scapulothoracic joint.
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2. In literature, a functional classification of SIS often observes increased electromyography activity in which specific muscles?

- A. Upper trapezius muscle
 - B. Middle and lower trapezius muscles
 - C. Serratus anterior muscle
 - D. Functional classification of SIS is commonly seen in all of the above muscles
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3. Which cluster of tests show a 10.56 likelihood ratio of being able to rule in SIS as a potential pathology when there are positive results on all three tests?

- A. Neer, Hawkins-Kennedy, and drop arm
 - B. Drop arm, painful arc of motion, and infraspinatus muscle test
 - C. Hawkins-Kennedy, painful arc of motion, and infraspinatus muscle test
 - D. Infraspinatus muscle test, Neer, and drop arm
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4. Muscular imbalances are one of the main etiologies of a functional classification of SIS.

- A. True
 - B. False
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5. By addressing muscle force couple imbalance, superior translation and humeral head stabilization would theoretically be corrected.

- A. True
 - B. False
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6. With external rotation of the glenohumeral joint, it was found that there is decreased

activity of the _____ trapezius, leading to muscle force couple imbalance.

- A. Upper
 - B. Middle
 - C. Lower
 - D. All of the above
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7. The reasoning behind using manual stretching was primarily:

- A. To increase the patient's pain free ROM.
 - B. To increase the patient's functional activity.
 - C. To increase the patient's strength.
 - D. To decrease the patient's pain.
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8. The ROM measurements showed significant changes in all motions that were initially limited, except for flexion.

- A. True
 - B. False
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