

Flex Therapist CEUs

The Vagus Nerve: Considerations for Physical Therapists

1. Which numbered cranial nerve is the vagus nerve?

- A. 7
 - B. 5
 - C. 8
 - D. 10
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2. Which branch of the vagus nerve is found in the neck?

- A. Superior cardiac nerve
 - B. Inferior cardiac nerve
 - C. Esophageal branch
 - D. Celiac branch
-

3. Which pathology results when the oculosympathetic pathway is disrupted?

- A. Vasovagal Response
 - B. Horner Syndrome
 - C. Balance problems
 - D. Vertigo
-

4. Which receptors influence cardiac regulation of the autonomic nervous system?

- A. Alpha 1 and beta 2
 - B. Alpha 2 and beta 1
 - C. Beta 1 and 2
 - D. Alpha 1 and 2
-

5. Where does the sympathetic chain end?

- A. Coccyx
 - B. L5
 - C. Sacrum
 - D. T12
-

6. How many cervical ganglia exist in the sympathetic chain?

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

7. What organ does the thoracic ganglia of the sympathetic chain supply?

- A. Ascending colon**
 - B. Heart**
 - C. Lungs**
 - D. Bladder**
-

8. What cranial nerves make up the parasympathetic nervous system?

- A. 5 and 6**
 - B. 7 and 9**
 - C. 2 and 3**
 - D. 10 and 4**
-

9. What the normal resting heart rate in adults?

- A. 70 to 100**
 - B. 40 to 70**
 - C. 80 to 110**
 - D. 90 to 120**
-

10. Where is the vagus nerve found in the neck?

- A. anterior to the scalenes**
 - B. Carotid sheath**
 - C. Spinal column**
 - D. Superficial to the sternocleidomastoid muscle**
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11. What does the Sharp Purser test examine?

- A. Integrity of lumbar ligaments**
 - B. Migraines**
 - C. Atlantoaxial stability**
 - D. C4 to 5 stability**
-

12. What happens due to the vasovagal response?

- A. Vomiting**
 - B. Headache**
 - C. Syncope**
 - D. Abdominal pain**
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13. What nerve innervates the larynx?

- A. Superior laryngeal**
 - B. Spinal Accessory**
 - C. Glossopharyngeal**
 - D. Pharyngeal**
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14. What condition has vagus nerve stimulation treated most effectively?

- A. Vomiting**
 - B. Anxiety**
 - C. CVA**
 - D. Epilepsy**
-

15. What are side effects of VNS?

- A. Skin irritation, nausea**
 - B. Constipation, nausea**
 - C. Infection, bloating**
 - D. Syncope, constipation**
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16. What outcome measure best captures upper extremity function after CVA?

- A. Nine Hole Peg Test**
 - B. Box and Block Test**
 - C. Motor Activity Log**
 - D. Fugl-Meyer Assessment- Upper Extremity**
-

17. What acupuncture point is effective in vagus nerve regulation?

- A. Auricle**
 - B. Cervical**
 - C. Facial**
 - D. Pharyngeal**
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18. Which supplement can help regulate vagus nerve response?

- A. Vitamin D**
 - B. Omega 3 fatty acids**
 - C. Zinc**
 - D. Vitamin E**
-

19. What neurotransmitter is involved in sympathetic response?

- A. Epinephrine**
 - B. Acetylcholine**
 - C. Serotonin**
 - D. Dopamine**
-

20. What neurotransmitter is involved in parasympathetic response?

- A. Epinephrine**
 - B. Acetylcholine**
 - C. Serotonin**
 - D. Dopamine**
-

21. What neurotransmitter is involved in depression?

- A. Acetylcholine**
 - B. Epinephrine**
 - C. Norepinephrine**
 - D. Serotonin**
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22. What does the Transverse Ligament Stress Test examine?

- A. Laxity of atlantoaxial joint**
 - B. Laxity of the cervicothoracic junction**
 - C. Suboccipital tension**
 - D. C2 to C3 laxity**
-

23. What is an appropriate intervention with finding of positive Sharp Purser Test?

- A. Active range of motion exercises**
 - B. Immediate referral for imaging**
 - C. Manipulation**
 - D. Passive range of motion exercises**
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24. What is a trigger for the vasovagal response?

- A. Fatigue**
 - B. Severe pain**
 - C. Walking**
 - D. Poor sleep**
-

25. What is a sign of vestibular migraine?

- A. Syncope**
 - B. Neck pain**
 - C. Imbalance**
 - D. Blindness**
-

26. Why does the vasovagal response occur?

- A. Lower extremity vessel dilation**
 - B. Nausea**
 - C. Upper extremity vessel dilation**
 - D. Headache**
-

27. Which organ is innervated by the celiac plexus?

- A. Bladder**
 - B. Heart**
 - C. Lungs**
 - D. Pancreas**
-

28. How many ganglia are present in the lumbar sympathetic chain?

- A. 3**
 - B. 5**
 - C. 2**
 - D. 4**
-

29. What is a sign of Horner Syndrome?

- A. Ptosis**
 - B. Vomiting**
 - C. Syncope**
 - D. Excess sweating**
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30. Which receptor regulates pulmonary function in the autonomic nervous system?

- A. Beta 1**
 - B. Beta 2**
 - C. Alpha 1**
 - D. Alpha 2**
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