

Flex Therapist CEUs

Thoracic Outlet Syndrome

1. Which is not an area of compression with TOS?

- A. Interscalene Triangle**
 - B. Costoclavicular Space**
 - C. Subcoracoid Space**
 - D. Axillary Space**
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2. All of the following are motions that occur at the glenohumeral joint EXCEPT for:

- A. Flexion**
 - B. Extension**
 - C. Scaption**
 - D. Adduction**
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3. What muscle elevates, retracts and rotates the scapula?

- A. Trapezius**
 - B. Deltoid**
 - C. Pectoralis Major**
 - D. Scalene**
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4. What nerve roots make up the brachial plexus?

- A. C4 to C8**
 - B. C5 to T3**
 - C. C5 to T1**
 - D. C6 to T3**
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5. What is the action of the latissimus dorsi?

- A. Humerus Abduction and Internal Rotation**
 - B. Humerus Abduction and External Rotation**
 - C. Humerus Internal Rotation and Adduction**
 - D. Humerus Extension and External Rotation**
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6. What is a common cause of true neurogenic TOS?

- A. Cervical Rib**
 - B. Deltoid Hypertrophy**
 - C. Scalene Hypertrophy**
 - D. Enlarged First Rib**
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7. What percentage of TOS cases are arterial?

- A. 10%**
 - B. 20%**
 - C. 90%**
 - D. 5%**
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8. What space is compressed in the thoracic outlet with Hyperabduction Syndrome?

- A. Costoclavicular Space**
 - B. Subcoracoid Space**
 - C. Axilla**
 - D. Interscalene Triangle**
-

9. What actions at the scapula produce scapular depression?

- A. Depression and Retraction**
 - B. Elevation and Protraction**
 - C. Upward Rotation and Depression**
 - D. Downward Rotation and Depression**
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10. Which upper extremity muscle is not innervated by the brachial plexus?

- A. Deltoid**
 - B. Middle Scalene**
 - C. Latissimus Dorsi**
 - D. Trapezius**
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11. What factor distinguishes disputed versus true neurogenic TOS?

- A. Hand Atrophy**
 - B. Neurodiagnostic Tests**
 - C. Paresthesia**
 - D. Sharp Arm Pain**
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12. What percentage of patients with neurogenic TOS experience headaches?

- A. 40%**

- B. 25%**
 - C. 90%**
 - D. 75%**
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13. What age group is most at risk for neurogenic TOS?

- A. 1st decade**
 - B. 3rd decade**
 - C. 6th decade**
 - D. At birth**
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14. Which nerve root contributes to elbow flexion and wrist extension?

- A. C2**
 - B. C5**
 - C. C6**
 - D. C8**
-

15. Which of the following tests for compression of the axillary vasculature by the scalenes or first rib?

- A. Adson Test**
 - B. ROOS Test**
 - C. Wright's Test**
 - D. Elvey Test**
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16. Which test examines tension of the brachial plexus?

- A. Adson Test**
 - B. ROOS**
 - C. Wright's Test**
 - D. Elvey Test**
-

17. Which test examines mobility of the first rib?

- A. Adson Test**
 - B. Wright's Test**
 - C. Cervical Rotation Lateral Flexion**
 - D. Elvey Test**
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18. Which condition is characterized by chronic diffuse pain, history of trauma or nerve damage and sensory changes?

- A. CRPS**
 - B. Brachial Plexus Injury**
 - C. Neuralgic Amyotrophy**
 - D. Cervical Radiculopathy**
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19. What is the first line of treatment for arterial TOS?

- A. Physical Therapy**
 - B. NSAIDs**
 - C. Surgery**
 - D. Muscle Relaxants**
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20. Which outcome measure consists of 13 questions and captures pain and dysfunction in the hand, arm and shoulder?

- A. McGill Pain Questionnaire**
 - B. QuickDASH**
 - C. CBSQ**
 - D. SPADI**
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21. Which exercise improves position of the shoulder girdle prior to sleeping?

- A. Adson Maneuver**
 - B. Cyriax Release Maneuver**
 - C. Diaphragmatic Breathing**
 - D. ROOS Maneuver**
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22. Which manual therapy technique may be most useful for gaining mobility in TOS treatment?

- A. Glenohumeral Distraction**
 - B. Grade 3 Posterior Glenohumeral Glide**
 - C. Grade 1 Anterior Glenohumeral Glide**
 - D. Cervical Upslope**
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23. What is a self mobilization that patients can complete safely at home?

- A. Cervical Lateral Glide**
 - B. Glenohumeral Posterior Glide**
 - C. Suboccipital Release**
 - D. Prone Thoracic Mobilization**
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24. Which intervention aims to increase mobility of nervous tissue?

- A. Brachial Plexus Stretching**
 - B. Inferior Glenohumeral Glide**
 - C. Cubital Tunnel Release**
 - D. Median Nerve Tensioner**
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25. What is the goal of the initial phase of rehabilitation for neurogenic TOS?

- A. Pain Control**
 - B. Strengthening**
 - C. Return to Work**
 - D. Normalize Mobility in the Thoracic Outlet**
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26. What is a main goal of the second stage of TOS rehabilitation?

- A. Pain Control**
 - B. Activation of Shoulder Girdle**
 - C. Normalizing Range of Motion and Paresthesia in the Thoracic Outlet**
 - D. Achieving a Full Night of Sleep**
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27. Which exercise is important for reducing forward head posture?

- A. Supine Chin Tucks**
 - B. Scapular Depression**
 - C. Glenohumeral Flexion**
 - D. Cervical Extension**
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28. What muscle is likely weak with scapular tipping?

- A. Upper Trapezius**
 - B. Levator Scapulae**
 - C. Teres Minor**
 - D. Serratus Anterior**
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29. What is the purpose of ultrasound and TENS for TOS rehabilitation?

- A. Patient Education**
 - B. Pain Control**
 - C. Restoring Mobility**
 - D. Improving Paresthesia**
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30. What is a commonly prescribed stretch for neurogenic TOS?

- A. Rhomboid**
 - B. Serratus Anterior**
 - C. Anterior Scalene**
 - D. Suboccipitals**
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