Flex Therapist CEUs

Balance Outcome Measures - Analysis of Variety of Balance Tests

- 1. Which of the following sensory systems is responsible for detecting spatial information and motion?
- A. Balance
- B. Visual
- C. Somatosensory
- D. Vestibular
- 2. The balance system is responsible for maintaining postural control, which is best described as:
- A. An automated task controlled by spinal and cortical structures that allows us to maintain a stable posture against gravity.
- B. A lower motor neuron response that enables us to maintain posture during dynamic movement.
- C. An upper motor neuron response that allows us to maintain stable posture during static movement.
- D. A reflexive task controlled by stepping responses that allows us to maintain upright balance while walking.
- 3. Which of the following balance reactions would be activated against large perturbations that cause the center of mass to move outside of the base of support?
- A. Ankle strategy
- B. Hip strategy
- C. Stepping strategy
- D. None of the above
- 4. How does the visual system contribute to one's ability to maintain upright balance?
- A. Provides visual cues regarding speed of movement
- B. Provides visual cues regarding one's orientation relative to other objects
- C. Integrates feedback from the central vestibular system
- D. Integrates feedback from the lower body joint receptors
- 5. Movement variability can be affected by many factors, including age-related changes. Which one of the following factors is NOT affected by advancing age?

- A. Proprioception
- B. Vision
- C. Muscle mass
- D. Lung capacity

6. Which statement best describes the psychological effect of falls on one's physical function?

- A. A fear of falls can limit one's desire to engage in social outings due to fear of falling in public.
- B. A fear of falls can increase one's desire to engage in community events due to fear of staying home alone.
- C. The psychological effects are a direct result of one's sedentary lifestyle.
- D. The psychological effects are an indirect result of impaired proprioception.

7. A patient was diagnosed with a change in visual clarity during his last wellness exam. How would this fall risk factor be categorized?

- A. Intrinsic, non-modifiable
- B. Intrinsic, modifiable
- C. Extrinsic, non modifiable
- D. Extrinsic, modifiable

8. Poor stairway design may be considered to be this type of fall risk factor:

- A. Intrinsic, non-modifiable
- B. Intrinsic, modifiable
- C. Extrinsic, non modifiable
- D. Extrinsic. modifiable

9. Providing patients with a household safety checklist can address which type of fall risk factors?

- A. Home
- B. Extrinsic
- C. Personal
- D. Community

10. Which of the following statements most accurately describes the effect of decreased ankle range of motion on fall risk?

- A. Decreased ankle range of motion would affect one's ability to recruit ankle/hip strategies.
- B. Decreased ankle proprioception would affect one's ability to ambulate on level surfaces.
- C. Decreased ankle range of motion would affect one's ability to step backwards during a stepping response.
- D. Decreased ankle proprioception would affect one's ability to safely transfer from a seated position.

11. Administering the modified Clinical Test of Sensory Interaction in Balance (mCTSIB) would considered which type of balance outcome measure?

- A. Seated balance outcome measure
- B. Patient perceived balance outcome measure
- C. Static balance outcome measure
- D. Dynamic balance outcome measure

12. Which outcome measure would be most appropriate to measure dynamic standing balance?

- A. Timed Up and Go (TUG)
- B. Modified Clinical Test of Sensory Interaction in Balance (mCTSIB)
- C. Tinetti Performance Oriented Mobility Assessment (Tinetti/POMA) balance subscale
- D. Falls Efficacy Scale (FES)

13. Clinical utility of posturography includes all of the following characteristics EXCEPT:

- A. Can diagnose the presence of a balance dysfunction
- B. Differentiate between different types of balance problems
- C. Detects changes in movement variability during static stance
- D. Identification of those who may be at risk for falls

14. Which of the following statements best reflects the importance of measuring gait speed in the acute care setting?

- A. Gait speed can help to determine post-operative length of stay.
- B. Gait speed is correlated with lower limb strength.
- C. Gait speed is a prognostic value for exercise lung capacity.
- D. Gait speed is associated with hospital readmission rates.

15. A patient is recovering from an acute cerebrovascular event and requires assistance to sit at the edge of the bed. Which outcome measure would be most appropriate to conduct?

- A. 5 times Sit-to-Stand test
- B. Berg Balance Scale
- C. Motor Assessment Scale trunk subscale
- D. Posturography

16. A 70 year-old patient improves her gait speed from .8 m/sec to 1.1 m/sec. Comparing these findings to other individuals ages 60-70 years would represent this psychometric property:

- A. Minimally clinically important difference
- B. Normative data
- C. Intrarater reliability

D. Concurrent valid	ıt۱	/
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- 17. A patient in an outpatient setting scores 53/56 on the Berg Balance Scale during the initial evaluation. This scenario is most reflective of:
- A. Test reliability
- B. Ceiling effect
- C. Test validity
- D. Feasibility
- 18. A patient scores 45% on the Activities-specific Balance Confidence (ABC) Scale and ambulates at 0.7m/sec upon hospital discharge. How would you characterize this patient's fall risk?
- A. Low fall risk due to low score on the ABC Scale and gait speed
- B. Moderate fall risk with low possibility for hospital readmission
- C. Moderate fall risk due to low score on the ABC scale and reduced gait speed
- D. High fall risk with high possibility for hospital readmission
- 19. A patient, who is able to ambulate community distances independently, completed the Timed Up and Go in 14 seconds. Comparing the patient's test result with other community-dwelling adults is an example of:
- A. Norm-referenced outcome measure
- B. Community-based outcome measure
- C. Performance-based outcome measure
- D. Patient-specific outcome measure
- 20. A patient scored 21 out of 24 on the Dynamic Gait Index had a loss of balance during posturography testing with vision removed on a stable surface. What do these findings say about the patient's balance?
- A. Patient's static balance is affected with mild impairments in dynamic balance.
- B. Patient's static and dynamic balance are moderate impaired.
- C. Patient's static balance is normal with moderately impaired dynamic balance.
- D. Patient's static and dynamic balance are mildly impaired.

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