

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

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

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
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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
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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
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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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