

Flex Therapist CEUs

Cervical Radiculopathy - Clinical Application of Traction and Exercises

1. What is the most common age group for CR to occur?

- A. 20s
 - B. 30s
 - C. 70s
 - D. 50s
-

2. What is a cause of CR?

- A. Migraine
 - B. Spinal nerve compression
 - C. Osteoporosis
 - D. Spinal stability
-

3. What is not a sign of CR?

- A. Headache
 - B. Numbness in hand
 - C. Pain in mid-back
 - D. Aching in cervical spine
-

4. What is the most common symptom of CR?

- A. Arm pain
 - B. Sensation deficit
 - C. Reflex deficit
 - D. Weakness
-

5. Which is not a prognostic factor for developing CR?

- A. Other musculoskeletal disorders
 - B. Passive coping strategy
 - C. Having an office job
 - D. Psychological distress
-

6. Where will C5 radiculopathy produce referral pain?

- A. Neck
 - B. Fingers
 - C. Low back
 - D. Occiput
-

7. Where would expected weakness occur with a C7 radiculopathy?

- A. Hypothenar muscles
 - B. Biceps brachii
 - C. Wrist flexors
 - D. Wrist extensors
-

8. Which is not a diagnostic strategy for CR?

- A. Xray
 - B. MRI
 - C. CT
 - D. Nerve conduction study
-

9. What percentage of the population with or without symptoms have evidence of cervical spine degeneration?

- A. 80%
 - B. 20%
 - C. 50%
 - D. 70%
-

10. Which imaging study is most effective for diagnosis of CR?

- A. MRI
 - B. CT myelography
 - C. NCS
 - D. EMG
-

11. What pathology is CT myelography most useful in detecting?

- A. Cervical radiculopathy
 - B. Spinal pathology
 - C. Spinal nerve impingement
 - D. Infection
-

12. What contributes to complex CR?

- A. Abscess
 - B. Pain in thumb
 - C. Sensation loss in lateral forearm
 - D. No improvement in one week
-

13. What will an EMG study reveal?

- A. Sensation deficits
 - B. Weakness in myotome pattern
 - C. Pain in upper extremity
 - D. Weakness in lower extremity
-

14. Which is not a standard part of a physical therapy assessment for CR?

- A. Posture
 - B. Thoracic mobility
 - C. Abdominal strength
 - D. ROM in upper extremities
-

15. How many degrees should the cervical spine flex normally?

- A. 20 degrees
 - B. 40 degrees
 - C. 60 degrees
 - D. 80 degrees
-

16. What spinal segments allow most of the rotation of the cervical spine?

- A. C4-5
 - B. C2-3
 - C. C1-2
 - D. C6-7
-

17. What can a clinician expect if a patient has active shoulder flexion to 60 but passive to 170 degrees?

- A. Joint restriction
 - B. Muscle length issue
 - C. Neoplasm
 - D. Thoracic outlet syndrome
-

18. Which dermatome is affected with parasthesia in the upper clavicle?

- A. C3
 - B. C5
 - C. C2
 - D. C4
-

19. The tendon of which muscle should be tested for deep tendon reflex to exam C6 nerve root?

- A. Flexor pollicis longus
 - B. Brachioradialis
 - C. Triceps brachii
 - D. Anterior deltoid
-

20. What does the Spurling's test detect?

- A. Nerve root compression
 - B. Migraine
 - C. Thoracic outlet syndrome
 - D. Decreased thoracic extension
-

21. What is not a test part of the CPR for cervical radiculopathy?

- A. Distraction
 - B. Spurling's
 - C. Rotation more than 60 degrees
 - D. ULTTa
-

22. What should a clinician examine if suspecting cervical myelopathy?

- A. Blood flow to cervical spine
 - B. Babinski reflex
 - C. Nerve conduction study
 - D. Lower extremity strength
-

23. What is a common pathology causing CR?

- A. Tumor
 - B. Infection
 - C. Disc herniation
 - D. Trauma
-

24. What is the most common operation for CR?

- A. Anterior cervical discectomy and fusion
 - B. Cervical disc replacement
 - C. Minimally invasive posterior cervical foraminotomy
 - D. Laminectomy
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25. When is a cervical collar most useful?

- A. 1 year after injury
 - B. 4 days after pain began
 - C. For mild pain
 - D. One month after pain
-

26. Which medication is not supported in management of CR?

- A. NSAID
 - B. Epidural steroid
 - C. Opioid
 - D. Tricyclic antidepressant
-

27. Which type of traction is most supported in literature for longer lasting treatment of CR?

- A. Mechanical
 - B. Over the door
 - C. Prone
 - D. Manual
-

28. When combined with other interventions which treatment is proven most effective for CR?

- A. Manipulation
 - B. Steroid injection
 - C. Surgery
 - D. Exercise
-

29. Which muscles are important to strengthen when treating CR?

- A. Latissimus dorsi
 - B. Deep neck flexors
 - C. Pectoralis major
 - D. Levator scapulae
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30. Which outcome measure should be used to capture neck pain and disability?

- A. ODI
 - B. NPRS
 - C. NDI
 - D. DASH
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