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COVID-19: Impact on Physical Therapy Practice

1. Which of the following physical impairments is NOT commonly observed in patients in the acute stage of the recovery process following COVID-19?

- A. Significant lower extremity weakness
- B. Difficulty clearing secretions
- C. Decreased sitting balance
- D. Decreased oxygen saturation

2. A physical therapist is working with a patient who was recently liberated from a mechanical ventilator. Which of the following treatments is most appropriate to address functional deficits?

- A. Monitoring vital signs while performing passive range of motion
- B. Performing cough assist techniques with a pillow
- C. Assessing for orthostatic hypotension during bed mobility transfers
- D. Educating family on the benefits of prone positioning

3. Which of the following physical impairments may be observed in patients receiving physical therapy services for COVID-19 in the outpatient setting?

- A. Impaired endurance as measured by the Timed Up and Go test
- B. Increased oxygen saturation while performing stair training
- C. Poor performance on the Saint Louis University Mental Status examination
- D. Decreased coordination when buttoning a pair of pants

4. Which of the following is NOT a contraindication for physical therapy in patients recovering from COVID-19?

A. Resting heart rate greater than 120BPM

B. Oxygen saturation more than 95% and or more than 4% change from baseline oxygen saturation with activity

- C. Resting blood pressure less than 90/60 mmHg or greater than 140/90
- D. Arrhythmia or myocardial ischemia

5. A physical therapist wishes to proceed with treatment for a patient recovering from COVID-19 in the acute care setting. Which of the following scenarios would indicate a precaution for continuing with treatment?

- A. Pulse oximetry 95% with sit to stand transfer
- B. Pulse oximetry 90% with ambulation trial

- C. Pulse oximetry 100% with head of bed elevated to 45 degrees
- D. Pulse oximetry 93% with upper body ergometry

6. A physical therapy assistant is progressing a patient's aerobic activity in the outpatient setting. Which of the following recommendations is most appropriate for a patient recovering from COVID-19?

- A. Engage in a walking program, three times per week
- B. Engage in a swimming program for 15 minutes each day
- C. Engage in a walking program for 30 minutes for each day
- D. Engage in a swimming program, four times per week

7. A physical therapy student would like to provide an in-service to her class on the potential physical deficits observed in patients during recovery from COVID-19 in the outpatient setting. Which of the following impairments should NOT be included in her presentation?

- A. Impaired gaze stability
- B. Impaired neuromuscular control
- C. Decreased thoracic expansion
- D. Slowed gait speed

8. A physical therapist would like to create a list of treatment options for patients on mechanical ventilators following complications due to COVID-19. Which of the following treatment options are NOT appropriate?

- A. Prone positioning
- B. Airway clearance techniques
- C. Family education
- D. Passive range of motion

9. Which of the following comorbidities may indicate the need for active cycle breathing techniques in patients recovering from COVID-19 in the inpatient setting?

- A. Bronchitis
- B. Diaphragm paralysis
- C. Multiple sclerosis
- D. COPD

10. Which of the following statements is the MOST accurate about the utilization of the 6-Minute Walk Test (6MWT) in patients recovering from COVID-19?

A. The 6MWT should be prioritized for patients in the acute setting to identify deficits in endurance.

B. The 6MWT should be prioritized for patients in the home setting to identify impairments in functional strength.

C. The 6MWT should be prioritized for patients in the outpatient setting to identify limitations in exercise capacity.

D. The 6MWT should be prioritized for patients across the spectrum of care to identify deficits in cardiopulmonary function.

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