

Flex Therapist CEUs

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
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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
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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
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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
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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
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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
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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
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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
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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
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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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