

Flex Therapist CEUs

Ehlers-Danlos Syndromes: Physical Therapy Considerations

1. What type of Ehlers Danlos Syndrome is most common?

- A. Classical
 - B. Vascular
 - C. Hypermobile
 - D. Classical-Like
-

2. What causes EDS?

- A. Genetic Inheritance
 - B. Developmental Delay
 - C. Autoimmune Response
 - D. Repetitive Injuries
-

3. Which type of EDS has the highest mortality rate?

- A. Classical
 - B. Vascular
 - C. Hypermobile
 - D. Classical-Like
-

4. Which type of EDS is characterized by short height, blue sclerae, intellectual disability and long digits?

- A. Classical
 - B. Spondylodysplastic
 - C. Vascular
 - D. Arthrochalasia
-

5. Which tool is used in the clinic to identify joint hypermobility?

- A. Brighton Scale
 - B. Hypermobility Scale
 - C. Joint Mobility Scale
 - D. Beighton Scale
-

6. What is the largest benefit of manual therapy for patients with Ehlers Danlos Syndrome?

- A. Strengthening
 - B. Joint Mobility
 - C. Pain Control
 - D. Balance Remediation
-

7. Why do patients with EDS often not get enough exercise?

- A. Chronic Pain
 - B. Difficulty Breathing
 - C. Depressive Symptoms
 - D. Poor Sleep Quality
-

8. What assistive device is most appropriate for a 70-year-old woman with hypermobile EDS who has fallen three times in the past few months?

- A. Wheelchair
 - B. Crutches
 - C. Wheeled Walker
 - D. Cane
-

9. When may crutches be an appropriate assistive device for a patient with EDS?

- A. After Hip Surgery
 - B. After Two Falls
 - C. Diagnosis of Kyphoscoliotic EDS
 - D. In Adolescence
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10. What is the purpose of Kinesiotape for treating EDS?

- A. Joint Stability
 - B. Muscle Activation
 - C. Reducing Fall Risk
 - D. Improving Balance
-

11. What is the most appropriate cardiovascular exercise for a patient with severe joint pain?

- A. Jogging
 - B. Walking
 - C. Weightlifting
 - D. Swimming
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12. What is the biggest concern when a physician prescribes steroids for pain control?

- A. Connective Tissue Weakening
 - B. Dependence
 - C. Cardiac Problems
 - D. Digestive Problems
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13. What is an important piece of education regarding activities for teenagers with hypermobile EDS?

- A. Perform Resistive Exercise Daily
 - B. Avoiding Contact Sports
 - C. To Use Crutches for Pain Relief
 - D. To Avoid Endurance Training
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14. Which is not a common symptom of patients with EDS?

- A. Digestive Trouble
 - B. Poor Wound Healing
 - C. Quick Muscle Recovery
 - D. High Incidence of Mood Disorders
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15. Which score on the Beighton Scale represents joint hypermobility in children?

- A. 3/9
 - B. 5/9
 - C. 2/9
 - D. 7/9
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