

# Flex Therapist CEUs

## Management of ACL Injuries in Children

**1. How many main ligaments surround the knee to provide support?**

- A. 4
  - B. 1
  - C. 3
  - D. 2
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**2. What is not a risk factor for ACL tears?**

- A. Improper footwear
  - B. Female gender
  - C. Sports
  - D. Hip weakness
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**3. A major immediate sign of an ACL tear is;**

- A. Nausea
  - B. Falling
  - C. A popping sound
  - D. Burning pain
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**4. What is not a test used to determine a torn ACL?**

- A. Reverse Clunk Test
  - B. Reverse Pivot Shift Test
  - C. Lachman's Sign Test
  - D. Clunk Test
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**5. What can be used to show the extent of injury to the surrounding cartilage?**

- A. X-ray
  - B. MRI
  - C. Anterior Drawer Test
  - D. CT scan
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**6. What method is useful for alleviating pain and swelling throughout the process?**

- A. SALT

- B. TIME
  - C. POLICE
  - D. FORT
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**7. What movement is unlikely to contribute to an ACL injury?**

- A. Pivoting
  - B. Cutting
  - C. Jumping
  - D. Squatting
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**8. How long does it normally take to recover from ACL reconstruction?**

- A. 3-4 months
  - B. 6-12 months
  - C. 6-24 months
  - D. 8-10 months
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**9. Disturbance to the growth plate can result in leg length discrepancies and angular deformities.**

- A. True
  - B. False
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**10. Immediately after surgical reconstruction, the patient should begin exercise with resistance.**

- A. True
  - B. False
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