

Flex Therapist CEUs

Pediatric Physical Therapy - Overview & Considerations

1. What might a therapist try to improve the strength of a weak arm in a child with cerebral palsy?

- A. Strength Training
 - B. Reaching Activities
 - C. Constraint-Induced Movement Therapy
 - D. Upper Extremity Stretching
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2. What skill should an infant attain by six months?

- A. Sitting Independently
 - B. Walking
 - C. Standing
 - D. Rolling from Supine to Prone
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3. What is the benefit of the Schroth method?

- A. Helping Lower Scoliosis Curvature
 - B. Improve Core Strength
 - C. Maintain Strength in Children with Muscular Dystrophy
 - D. Improve the Ability to Walk with Down Syndrome
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4. Which type of cerebral palsy is most common and results in hypertonic muscles?

- A. Dyskinetic CP
 - B. Ataxic CP
 - C. Spastic CP
 - D. Mixed CP
-

5. Which position should be avoided among children?

- A. Long Sitting
 - B. Prone Lying
 - C. Criss Cross Sitting
 - D. W Sitting
-

6. At what age does intoeing typically resolve?

- A. Three
 - B. Eight
 - C. Four
 - D. Six
-

7. What intervention is the most effective in infants with congenital muscular torticollis?

- A. Manual Stretching
 - B. Neck Strengthening
 - C. Surgery
 - D. Neck Braces
-

8. What is the most effective strength testing technique in pediatric physical therapy?

- A. Manual Muscle Testing
 - B. Observation
 - C. Grip Strength
 - D. Testing is not Possible
-

9. Which type of spina bifida is most severe and can cause neurologic compromise?

- A. Myelomeningocele
 - B. Spina Bifida Occulta
 - C. Meningocele
 - D. Benign Spina Bifida
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10. Which type exercise should be avoided in children with muscular dystrophy?

- A. Moderate Intensity Aerobic Exercise
 - B. High Intensity Strength Training
 - C. Swimming
 - D. Low Intensity Strength Training
-

11. What is the best therapeutic intervention for children with cystic fibrosis?

- A. Pursed Lip Breathing
 - B. Oxygen
 - C. Chest Physical Therapy
 - D. Position Changes
-

12. A child with which condition may benefit from a posterior walker?

- A. Cerebral Palsy
 - B. Autism
 - C. Chiari Malformation
 - D. Ehlers-Danlos Syndrome
-

13. What degree of curvature would a child with scoliosis benefit from surgery?

- A. 10 Degrees
 - B. 20 Degrees
 - C. 30 Degrees
 - D. 40 Degrees
-

14. What should a therapist do if they see bruises around the wrists and ribs on a three-year-old child during an early intervention visit?

- A. Continue Treating the Child, Bruises are Normal
 - B. Report to the National Child Abuse Hotline
 - C. Ask the Parents Immediately Why Their Child is Bruised
 - D. Work on Balance Training to Avoid Falls
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15. Which age should all children be able to walk independently?

- A. 8 Months
 - B. 12 Months
 - C. 18 Months
 - D. 24 Months
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16. Which intervention may be helpful in children with Osteogenesis Imperfecta?

- A. Strength Training
 - B. Running Program
 - C. Caregiver Education on Preventing Fractures and Assisting the Child with Independence
 - D. Task Specific Activity Training
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17. Which inherited disorder is characterized by hypotonic muscles, laxity in joints, and flat facial features?

- A. Down Syndrome
 - B. Chiari Malformation
 - C. Spina Bifida
 - D. Muscular Dystrophy
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18. What is the role of a physical therapist in the neonatal intensive care unit?

- A. Positioning and Education
 - B. Developmental Skills
 - C. Strengthening
 - D. Stretching
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19. What is the best strengthening intervention in children with developmental delay?

- A. Strength Training
 - B. Aerobic Exercise
 - C. Child Activity Directed Tasks
 - D. Therapist Directed Tasks
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20. What intervention should a physical therapist perform when a child at age 12 has knee pain and his knees go into valgus with squatting?

- A. Balance Training
 - B. Aquatic Therapy
 - C. Nothing, This is Normal
 - D. Hip Strengthening
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