

Flex Therapist CEUs

The Vagus Nerve: Considerations for Physical Therapists

1. Which numbered cranial nerve is the vagus nerve?

- A. 7
 - B. 5
 - C. 8
 - D. 10
-

2. Which branch of the vagus nerve is found in the neck?

- A. Superior cardiac nerve
 - B. Inferior cardiac nerve
 - C. Esophageal branch
 - D. Celiac branch
-

3. Which pathology results when the oculosympathetic pathway is disrupted?

- A. Vasovagal Response
 - B. Horner Syndrome
 - C. Balance problems
 - D. Vertigo
-

4. Which receptors influence cardiac regulation of the autonomic nervous system?

- A. Alpha 1 and beta 2
 - B. Alpha 2 and beta 1
 - C. Beta 1 and 2
 - D. Alpha 1 and 2
-

5. Where does the sympathetic chain end?

- A. Coccyx
 - B. L5
 - C. Sacrum
 - D. T12
-

6. How many cervical ganglia exist in the sympathetic chain?

- A. 2
 - B. 4
 - C. 1
 - D. 3
-

7. What organ does the thoracic ganglia of the sympathetic chain supply?

- A. Ascending colon
 - B. Heart
 - C. Lungs
 - D. Bladder
-

8. What cranial nerves make up the parasympathetic nervous system?

- A. 5 and 6
 - B. 7 and 9
 - C. 2 and 3
 - D. 10 and 4
-

9. What the normal resting heart rate in adults?

- A. 70 to 100
 - B. 40 to 70
 - C. 80 to 110
 - D. 90 to 120
-

10. Where is the vagus nerve found in the neck?

- A. anterior to the scalenes
 - B. Carotid sheath
 - C. Spinal column
 - D. Superficial to the sternocleidomastoid muscle
-

11. What does the Sharp Purser test examine?

- A. Integrity of lumbar ligaments
 - B. Migraines
 - C. Atlantoaxial stability
 - D. C4 to 5 stability
-

12. What happens due to the vasovagal response?

- A. Vomiting
 - B. Headache
 - C. Syncope
 - D. Abdominal pain
-

13. What nerve innervates the larynx?

- A. Superior laryngeal
 - B. Spinal Accessory
 - C. Glossopharyngeal
 - D. Pharyngeal
-

14. What condition has vagus nerve stimulation treated most effectively?

- A. Vomiting
 - B. Anxiety
 - C. CVA
 - D. Epilepsy
-

15. What are side effects of VNS?

- A. Skin irritation, nausea
 - B. Constipation, nausea
 - C. Infection, bloating
 - D. Syncope, constipation
-

16. What outcome measure best captures upper extremity function after CVA?

- A. Nine Hole Peg Test
 - B. Box and Block Test
 - C. Motor Activity Log
 - D. Fugl-Meyer Assessment- Upper Extremity
-

17. What acupuncture point is effective in vagus nerve regulation?

- A. Auricle
 - B. Cervical
 - C. Facial
 - D. Pharyngeal
-

18. Which supplement can help regulate vagus nerve response?

- A. Vitamin D
 - B. Omega 3 fatty acids
 - C. Zinc
 - D. Vitamin E
-

19. What neurotransmitter is involved in sympathetic response?

- A. Epinephrine
 - B. Acetylcholine
 - C. Serotonin
 - D. Dopamine
-

20. What neurotransmitter is involved in parasympathetic response?

- A. Epinephrine
 - B. Acetylcholine
 - C. Serotonin
 - D. Dopamine
-

21. What neurotransmitter is involved in depression?

- A. Acetylcholine
 - B. Epinephrine
 - C. Norepinephrine
 - D. Serotonin
-

22. What does the Transverse Ligament Stress Test examine?

- A. Laxity of atlantoaxial joint
 - B. Laxity of the cervicothoracic junction
 - C. Suboccipital tension
 - D. C2 to C3 laxity
-

23. What is an appropriate intervention with finding of positive Sharp Purser Test?

- A. Active range of motion exercises
 - B. Immediate referral for imaging
 - C. Manipulation
 - D. Passive range of motion exercises
-

24. What is a trigger for the vasovagal response?

- A. Fatigue
 - B. Severe pain
 - C. Walking
 - D. Poor sleep
-

25. What is a sign of vestibular migraine?

- A. Syncope
 - B. Neck pain
 - C. Imbalance
 - D. Blindness
-

26. Why does the vasovagal response occur?

- A. Lower extremity vessel dilation
 - B. Nausea
 - C. Upper extremity vessel dilation
 - D. Headache
-

27. Which organ is innervated by the celiac plexus?

- A. Bladder
 - B. Heart
 - C. Lungs
 - D. Pancreas
-

28. How many ganglia are present in the lumbar sympathetic chain?

- A. 3
 - B. 5
 - C. 2
 - D. 4
-

29. What is a sign of Horner Syndrome?

- A. Ptosis
 - B. Vomiting
 - C. Syncope
 - D. Excess sweating
-

30. Which receptor regulates pulmonary function in the autonomic nervous system?

- A. Beta 1
 - B. Beta 2
 - C. Alpha 1
 - D. Alpha 2
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