

# 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 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
- 

**3. How many cervical ganglia exist in the sympathetic chain?**

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

**4. What the normal resting heart rate in adults?**

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

**5. What happens due to the vasovagal response?**

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

**6. What condition has vagus nerve stimulation treated most effectively?**

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

**7. Which supplement can help regulate vagus nerve response?**

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

**8. What is a trigger for the vasovagal response?**

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

**9. Why does the vasovagal response occur?**

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

**10. What is a sign of Horner Syndrome?**

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

Copyright © 2025 Flex Therapist CEUs

Visit us at <https://www.flextherapistceus.com>