

Flex Therapist CEUs

Thoracic Outlet Syndrome

1. Which is not an area of compression with TOS?

- A. Interscalene Triangle
 - B. Costoclavicular Space
 - C. Subcoracoid Space
 - D. Axillary Space
-

2. All of the following are motions that occur at the glenohumeral joint EXCEPT for:

- A. Flexion
 - B. Extension
 - C. Scaption
 - D. Adduction
-

3. What muscle elevates, retracts and rotates the scapula?

- A. Trapezius
 - B. Deltoid
 - C. Pectoralis Major
 - D. Scalene
-

4. What nerve roots make up the brachial plexus?

- A. C4 to C8
 - B. C5 to T3
 - C. C5 to T1
 - D. C6 to T3
-

5. What is the action of the latissimus dorsi?

- A. Humerus Abduction and Internal Rotation
 - B. Humerus Abduction and External Rotation
 - C. Humerus Internal Rotation and Adduction
 - D. Humerus Extension and External Rotation
-

6. What is a common cause of true neurogenic TOS?

- A. Cervical Rib

- B. Deltoid Hypertrophy
 - C. Scalene Hypertrophy
 - D. Enlarged First Rib
-

7. What percentage of TOS cases are arterial?

- A. 10%
 - B. 20%
 - C. 90%
 - D. 5%
-

8. What space is compressed in the thoracic outlet with Hyperabduction Syndrome?

- A. Costoclavicular Space
 - B. Subcoracoid Space
 - C. Axilla
 - D. Interscalene Triangle
-

9. What actions at the scapula produce scapular depression?

- A. Depression and Retraction
 - B. Elevation and Protraction
 - C. Upward Rotation and Depression
 - D. Downward Rotation and Depression
-

10. Which upper extremity muscle is not innervated by the brachial plexus?

- A. Deltoid
 - B. Middle Scalene
 - C. Latissimus Dorsi
 - D. Trapezius
-

11. What factor distinguishes disputed versus true neurogenic TOS?

- A. Hand Atrophy
 - B. Neurodiagnostic Tests
 - C. Paresthesia
 - D. Sharp Arm Pain
-

12. What percentage of patients with neurogenic TOS experience headaches?

- A. 40%
- B. 25%
- C. 90%

D. 75%

13. What age group is most at risk for neurogenic TOS?

- A. 1st decade
 - B. 3rd decade
 - C. 6th decade
 - D. At birth
-

14. Which nerve root contributes to elbow flexion and wrist extension?

- A. C2
 - B. C5
 - C. C6
 - D. C8
-

15. Which of the following tests for compression of the axillary vasculature by the scalenes or first rib?

- A. Adson Test
 - B. ROOS Test
 - C. Wright's Test
 - D. Elvey Test
-

16. Which test examines tension of the brachial plexus?

- A. Adson Test
 - B. ROOS
 - C. Wright's Test
 - D. Elvey Test
-

17. Which test examines mobility of the first rib?

- A. Adson Test
 - B. Wright's Test
 - C. Cervical Rotation Lateral Flexion
 - D. Elvey Test
-

18. Which condition is characterized by chronic diffuse pain, history of trauma or nerve damage and sensory changes?

- A. CRPS
- B. Brachial Plexus Injury
- C. Neuralgic Amyotrophy

D. Cervical Radiculopathy

19. What is the first line of treatment for arterial TOS?

- A. Physical Therapy
 - B. NSAIDs
 - C. Surgery
 - D. Muscle Relaxants
-

20. Which outcome measure consists of 13 questions and captures pain and dysfunction in the hand, arm and shoulder?

- A. McGill Pain Questionnaire
 - B. QuickDASH
 - C. CBSQ
 - D. SPADI
-

21. Which exercise improves position of the shoulder girdle prior to sleeping?

- A. Adson Maneuver
 - B. Cyriax Release Maneuver
 - C. Diaphragmatic Breathing
 - D. ROOS Maneuver
-

22. Which manual therapy technique may be most useful for gaining mobility in TOS treatment?

- A. Glenohumeral Distraction
 - B. Grade 3 Posterior Glenohumeral Glide
 - C. Grade 1 Anterior Glenohumeral Glide
 - D. Cervical Upslope
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23. What is a self mobilization that patients can complete safely at home?

- A. Cervical Lateral Glide
 - B. Glenohumeral Posterior Glide
 - C. Suboccipital Release
 - D. Prone Thoracic Mobilization
-

24. Which intervention aims to increase mobility of nervous tissue?

- A. Brachial Plexus Stretching
 - B. Inferior Glenohumeral Glide
 - C. Cubital Tunnel Release
 - D. Median Nerve Tensioner
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25. What is the goal of the initial phase of rehabilitation for neurogenic TOS?

- A. Pain Control
 - B. Strengthening
 - C. Return to Work
 - D. Normalize Mobility in the Thoracic Outlet
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26. What is a main goal of the second stage of TOS rehabilitation?

- A. Pain Control
 - B. Activation of Shoulder Girdle
 - C. Normalizing Range of Motion and Paresthesia in the Thoracic Outlet
 - D. Achieving a Full Night of Sleep
-

27. Which exercise is important for reducing forward head posture?

- A. Supine Chin Tucks
 - B. Scapular Depression
 - C. Glenohumeral Flexion
 - D. Cervical Extension
-

28. What muscle is likely weak with scapular tipping?

- A. Upper Trapezius
 - B. Levator Scapulae
 - C. Teres Minor
 - D. Serratus Anterior
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29. What is the purpose of ultrasound and TENS for TOS rehabilitation?

- A. Patient Education
 - B. Pain Control
 - C. Restoring Mobility
 - D. Improving Paresthesia
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30. What is a commonly prescribed stretch for neurogenic TOS?

- A. Rhomboid
 - B. Serratus Anterior
 - C. Anterior Scalene
 - D. Suboccipitals
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