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QUIZ: Muscle Strength (Part 4)

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Questions: Neurological Part 4: Muscle Strength

1. True or False: The dermatomes, myotomes and reflexes are used to differentiate which spinal cord and nerve root levels are involved.
2. The areas of Sensation on the skin supplied by a single spinal segment are called?
 - A. Myotomes
 - B. Reflexes
 - C. Lower Motor Neuron
 - D. Dermatomes
 - E. Upper Motor Neuron
3. Myotomes are associated with:
 - A. Sensation
 - B. Muscles
 - C. Reflexes
 - D. Upper Motor Neuron
 - E. Lower Motor Neuron
4. Dermatomes are associated with:
 - A. Sensation
 - B. Muscles
 - C. Reflexes
 - D. Upper Motor Neuron
 - E. Lower Motor Neuron
5. True or False: Nerves have two functions, motor and sensory .
6. True or False: Motor information travels primarily in the corticospinal tract.
7. True or False: Muscle strength testing assess both the motor and sensory portion of the nerve.
8. Which of the following is NOT a factor which influences muscle strength testing?
 - A. Gender
 - B. Fatigue
 - C. Joint Position
 - D. Speed of Muscle Contraction
 - E. Muscle Size
 - F. None of the above are factors
 - G. All of the above are factors

9. Which of the following is NOT a contraindication of muscle strength testing.
- A. Patients who have experienced abdominal surgery or patients with herniation of the abdominal wall, unless the patient is carefully instructed against the Valsalva maneuver, and the test does not put unsafe levels of stress on the abdominal wall.
 - B. Pain is present. Pain will inhibit muscle contraction and will not give an accurate indication of muscle strength. Testing muscle strength in the presence of pain may cause further injury.
 - C. Inflammation is present in the region.
10. Muscle assessment can still be performed if extra care is utilized while performing the testing, in which of the following?
- A. Patients with a history of or at risk of having cardiovascular problems, such as, suspected or known aneurysm, fixed-rate pacemaker, arrhythmia, angina pectoris, suspected or known thrombophlebitis, etc.
 - B. Pain is present. Pain will inhibit muscle contraction and will not give an accurate indication of muscle strength. Testing muscle strength in the presence of pain may cause further injury.
 - C. Inflammation is present in the region.
11. Where the muscle develops constant tension against a load or resistance is called
- A. Muscle Strength
 - B. Muscular Endurance
 - C. Isometric Contraction
 - D. Concentric Contraction
 - E. Eccentric Contraction
 - F. Isotonic Contraction
12. When tension is developed in the muscle and the origin and insertion of the muscle move closer together; the muscle shortens is called:
- A. Muscle Strength
 - B. Muscular Endurance
 - C. Isometric Contraction
 - D. Concentric Contraction
 - E. Eccentric Contraction
 - F. Isotonic Contraction

13. Tension is developed in the muscle and the origin and insertion of the muscle move farther apart; the muscle lengthens is called:
- A. Muscle Strength
 - B. Muscular Endurance
 - C. Isometric Contraction
 - D. Concentric Contraction
 - E. Eccentric Contraction
 - F. Isotonic Contraction
14. The maximal amount of tension or force that a muscle or muscle group can voluntarily exert in one maximal effort, when type of muscle contraction, limb velocity, and joint angle are specified is called:
- A. Muscle Strength
 - B. Muscular Endurance
 - C. Isometric Contraction
 - D. Concentric Contraction
 - E. Eccentric Contraction
 - F. Isotonic Contraction
15. True or False: Manual muscle testing is performed before active and passive range of motion.
16. Place in order the following steps for manual muscle testing:
- I. Stabilization of the site
 - II. Assessment of normal muscle strength
 - III. Explain to the patient the manual muscle test assessment procedure
 - IV. Testing of the muscle strength.
- A. II, I, III, IV
 - B. II, III, I, IV
 - C. III, I, II, IV
 - D. II, IV, III, I
 - E. III, II, I, IV
 - F. III, IV, I, II
17. True or False: The purpose of assessing the strength of the uninvolved limb is to determine the patient's normal strength.
18. True or False: When testing, the resistance force is applied at a 90 degree angle to the limb segment.

19. Which is NOT the correct method of assessing the grip strength using the J-mar dynamometer?
- A. Make repeated efforts to obtain the maximum grip strength measurements
 - B. The patient's grip strength measurement is made three times
 - C. Between each measurement, the J-mar is alternated between hands for the next measurement
 - D. The patient is instructed to make a full effort to reach maximum strength
 - E. The patient is to be sitting with elbow at 90 degrees when gripping the dynamometer.
20. Place the following into the correct order of muscle strength grading from 5 (normal) to 0 (zero)
- I. Evidence of slight contractility. No joint motion.
 - II. Complete range of motion with gravity eliminated.
 - III. Complete range of motion against gravity with some resistance.
 - IV. No evidence of contractility.
 - V. Complete range of motion against gravity with full resistance.
 - VI. Complete range of motion with gravity.
- A. III, II, V, VI, IV, I, VI
 - B. IV, I, VI, II, III, V
 - C. III, IV, VI, II, I, V
 - D. V, IV, III, I, II, IV
 - E. V, III, VI, II, I, IV
21. Grading a patient's muscle strength, a 5 is:
- A. Complete range of motion against gravity with full resistance.
 - B. Complete range of motion with gravity eliminated.
 - C. Complete range of motion with gravity.
 - D. Complete range of motion against gravity with some resistance.
 - E. Evidence of slight contractility. No joint motion.
 - F. No evidence of contractility.
22. Grading a patient's muscle strength, a 2 is:
- A. No evidence of contractility.
 - B. Complete range of motion against gravity with some resistance.
 - C. Complete range of motion with gravity.
 - D. Complete range of motion with gravity eliminated.
 - E. Complete range of motion against gravity with full resistance.
 - F. Evidence of slight contractility. No joint motion.

23. Grading a patient's muscle strength, a 4 is:
- A. Complete range of motion against gravity with full resistance.
 - B. Evidence of slight contractility. No joint motion.
 - C. Complete range of motion with gravity.
 - D. Complete range of motion against gravity with some resistance.
 - E. Complete range of motion with gravity eliminated.
 - F. No evidence of contractility.
24. Wrist extension measure which nerve root?
- A. C5
 - B. C6
 - C. C7
 - D. C8
 - E. T1
25. Knee extension measures which nerve root?
- A. L3
 - B. L4
 - C. L5
 - D. S1
 - E. S2