

“Occupational and Physical Therapy Management of Spinal Cord Injury”
Presented by SCI Seminars, Inc

Post Test Answers

1. 1. According to ISNCSCI, an SCI patient with biceps strength of 5/5 and wrist extensor strength of 3/5 (neurologically intact above those levels), would have a motor level of:
 - a. C5
 - b. C6**
 - c. C7
 - d. Don't have enough information

2. A “bowel program” includes:
 - a. Suppository insertion
 - b. Digital stimulation of the anal sphincter
 - c. Performance at a consistent time of the day
 - d. All of the above**

3. The “head-hip” relationship refers to:
 - a. The relative size of the patients head versus their hips
 - b. The tendency of the hips to move in the same direction that the patient moves their head
 - c. The tendency of the hips to move in the opposite direction that the patient moves their head**

4. A patient with C6 level of injury may be able to transfer independently within one year of injury
 - a. True – based on the PVA Functional Outcomes Clinical Practice Guidelines**
 - b. False

5. Patients with poor mobility techniques or habits can easily correct them by "trying again" or just continuing to practice.
 - a. True – SCI mobility skills are just normal movement patterns.
 - b. False – a skilled therapist “eye” and practicing good technique are essential to improve effectiveness of mobility skills**

6. An ultralightweight wheelchair is recommended for a patient with paraplegia.
 - a. True**
 - b. False

7. The most efficient push stroke for a manual wheelchair is:
 - a. Arc
 - b. Looping
 - c. Semi-circular**

8. Which of the following are evidence-based treatment guidelines for healthcare professionals working with patients with spinal cord injury?
 - a. RESNA’s Blue papers
 - b. Paralyzed Veteran’s Association’s (PVA) Clinical Practice Guidelines**
 - c. ASIA ISNCSCI Exam
 - d. ASCIP Conference Proceedings

9. Advanced wheelchair skills are useful for:
 - a. Managing inclines, declines, ramps
 - b. Descending curbs

- c. Managing stairs
- d. Sidewalk irregularities and uneven terrain
- e. All of the above**

10. Reinforcing good head-hip relationship:

- a. Promotes good low to high transfers
- b. Prevents sloppy, uncontrolled transfers
- c. Causes skin breakdown
- d. A&B**