Continuing Education Assessment

*IJATT* quizzes are approved for 3 EBP CEUs. *IJATT* is published in January, March, May, July, September, and November, and at the time each issue is posted, the CEU quiz accompanying that issue is also posted. NEW! We are happy to report that changes in our platform now allow us to make the quiz available for 12 months! The quiz will be available as soon as the issue it accompanies is posted online, and the quiz will remain available for 12 months. Due to this extended allotment of time, there will be NO exceptions made to take the CEU quiz after it has expired.

*Note.* The electronic version of this assessment may be used by certified athletic trainers to acquire 3 evidence-based practice (EBP) continuing education units (CEUs) from the BOC for the NATA and by certified athletic therapists to acquire 0.4 CEUs from the CATA. The Human Kinetics BOC provider number is P421-13. The articles for this quiz can be found in this issue of *IJATT*.

Choose the best answer for each question. **THIS IS JUST A PAPER VERSION FOR YOUR PERUSAL: YOU MUST TAKE THIS QUIZ ONLINE.**

1. According to the CAT by Squillantini et al., what are the three most widely-accepted selective tissue tests to diagnose an ACL sprain?
   a. anterior drawer, pivot-shift, lever sign
   b. Lachman, anterior drawer, lever sign
   c. Lachman, anterior drawer, pivot-shift
   d. Lachman, pivot-shift, lever sign

2. A positive lever sign test is shown when the heel lifts off the table after the clinician applies a downward force to the distal third of the thigh.
   a. True
   b. False

3. In the three studies included in this CAT, each of the three found higher sensitivity values for the Lachman test when compared to the lever sign test.
   a. True
   b. False

4. None of the studies included in this CAT support the use of the lever sign test in isolation, but there is sufficient evidence to support inclusion of the lever sign test in clinical examination of potential ACL sprains.
   a. True
   b. False

5. In their CAT, Hartzell et al. note that individuals with ankle injuries often demonstrate a variety of impairments, including loss in dorsiflexion range of motion and decreased quadriceps strength.
   a. True
   b. False

6. It has been suggested that increased sagittal plane knee flexion angle at initial contact when landing from a jump is associated with heightened risk of a noncontact knee injury.
   a. True
   b. False

7. What was the research design of the articles that the authors included in this CAT?
   a. case-control
   b. cohort control
   c. double blind
   d. randomized clinical trial

8. Additional evidence is needed to further explore if sagittal plane knee kinematics at initial contact differ between those with and without CAI.
   a. True
   b. False

9. As explained by Henderson et al., the development of exertional rhabdomyolysis (ER) typically follows periods of high levels of physical exertion, significant eccentric loading exercise, and/or secondarily to heat-related illness and hypohydration.
   a. True
   b. False

10. In the CASE Report, what was the tennis player’s first reported CK level taken at the emergency department?
    a. 96 IU/L
    b. 200 IU/L
    c. 277 IU/L
    d. 357 IU/L

11. There is not a single agreed upon protocol for return-to-activity progression following ER.
    a. True
    b. False
12. In this case, the return-to-activity protocol began after the tennis player was symptom free and her CK levels were normal.
   a. True  
   b. False

13. According to Southall et al., what anatomic area is a Morel-Lavallée lesion most commonly seen?
   a. ankle/foot  
   b. elbow/forearm  
   c. knee  
   d. pelvis/hip

14. In this CASE Report, what diagnostic test confirmed the final diagnosis?
   a. CT scan  
   b. MRI  
   c. ultrasound  
   d. X-ray

15. In this CASE Report, routine transdermal draining of the lesion was an effective treatment.
   a. True  
   b. False

16. As stated by Gutierrez and Lininger, approximately 80% of athletes who sustain an injury to the lateral ankle experience a reinjury of that same ankle.
   a. True  
   b. False

17. In this study, what outcome measures were used by the researchers?
   a. ankle injury rate and ankle ROM  
   b. ankle injury rate and SEBT  
   c. ankle ROM and SEBT  
   d. SEBT and leg length

18. The participants in this study demonstrated statistically significant improvements in ankle ROM and SEBT composite reach scores.
   a. True  
   b. False

19. As stated by Pryor et al., what is the only state in the United States that does not regulate the practice of athletic training?
   a. Alaska  
   b. California  
   c. Hawaii  
   d. Washington DC

20. Of the responding California secondary schools, 35% hired a BOC certified athletic trainer.
   a. True  
   b. False