

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. 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. In their Critically Appraised Topic (CAT), Oakes and Medina McKeon note that, in a recent article on professional baseball players with grade 1 ulnar collateral ligament (UCL) injuries, this percentage were able to return to play with nonsurgical management.
 - a. 66%
 - b. 86%
 - c. 94%
 - d. 100%
2. In this CAT, how many times were athletes with proximal UCL tears more likely to return to the same level of play (RTSP) compared to those with a distal tear
 - a. 5.5
 - b. 6.5
 - c. 7.5
 - d. 8.5
3. What was the RTSP rate for pitchers in this article?
 - a. 66%
 - b. 76%
 - c. 90%
 - d. 100%
4. In this CAT, the seven included articles used consistent and similar nonsurgical management and rehabilitation protocols.
 - a. True
 - b. False
5. In their CAT, Arve et al. report that after anterior cruciate ligament reconstruction (ACLR) surgery, quadriceps strength impairment may be as high as what percentage at 2 years postoperation?
 - a. 12%
 - b. 18%
 - c. 22%
 - d. 28%
6. Blood flow restriction (BFR) has been reported to promote strength improvements with loads as low as 20% of one repetition maximum (1 RM).
 - a. True
 - b. False
7. Among the four studies included in this CAT, there was little consistency in the dosage of BFR protocols and the time to initiation of the BFR exercise postoperatively.
 - a. True
 - b. False

8. The current evidence, while weak, does support utilizing BFR training to improve quadriceps measures immediately after arthroscopic knee surgery.
 - a. True
 - b. False
9. As noted by Sutherlin, the reported baseline Kerlan-Jobe Orthopedic Clinic (KJOC) scores in healthy swimmers are lower than those previously reported in healthy baseball players.
 - a. True
 - b. False
10. The KJOC has been well validated for use in competitive swimmers and includes validated metrics of minimal detectable change and minimally clinically important differences.
 - a. True
 - b. False
11. What is the most commonly cited shoulder and elbow questionnaire used by athletic trainers?
 - a. American Shoulder and Elbow Surgeons Standardized Shoulder Assessment Form (ASES)
 - b. Disabilities of the Arm, Shoulder, and Hand (DASH)
 - c. Kerlan Jobe Orthopedic Clinic (KJOC)
 - d. Western Ontario Rotator Cuff Index
12. In the CASE Report by Villalba and Martinez, what was the patient's baseline range of motion measurement for left shoulder internal rotation?
 - a. 5°
 - b. 35°
 - c. 53°
 - d. 64°
13. In this CASE Report, considerable time in every in-person therapy session was devoted to educating the patient about pain, fear of movement, and catastrophism.
 - a. True
 - b. False
14. In the CASE Report by Greenwood et al., the authors report that evidence indicates that acetabular labral tears can be found on imaging tests in 50–80% of the asymptomatic population.
 - a. True
 - b. False
15. Magnetic resonance imaging (MRI) for the gymnast in this CASE Report revealed a cam deformity in addition to acetabular labral damage.
 - a. True
 - b. False
16. What two hip motions were resisted during the application of the hip spica for the gymnast in this case report?
 - a. extension and external rotation
 - b. extension and internal rotation
 - c. flexion and external rotation
 - d. flexion and internal rotation
17. According to Kleis et al., there is evidence to suggest that those with traumatic knee injury may be at increased risk for posttraumatic osteoarthritis regardless of a surgical intervention or conservative management.
 - a. True
 - b. False
18. In this Research Report, the knee surgery group reported experiencing better health-related quality of life (HRQoL) compared to the nonsurgical knee injury group.
 - a. True
 - b. False