IJATT is proud to announce that, beginning January 2016, the IJATT quizzes are now 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 is available for the duration of two issues—the issue it accompanies and the subsequent issue. 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 are on pp. 5, 12, 18, 23, 30, 34, and 45 of IJATT 21(4), July 2016.

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

1. As noted by Cruz and Mautner, the rectus abdominis (RA) is an anterior abdominal muscle divided into two vertical muscle bellies by the:
   - a. inguinal ligament
   - b. pubic symphysis
   - c. ribs 5–7 costal cartilage
   - d. tendinous linea alba

2. In the first case of the RA-injured volleyball athlete, she returned to play in ________ weeks from diagnosis.
   - a. 1.5
   - b. 2.5
   - c. 3.5
   - d. 4.5

3. Prior to diagnosis of grade 2 RA muscle strains, the three volleyball athletes had reported previous, less severe RA injuries.
   - a. True
   - b. False

4. The mechanism of nondominant RA injury in the overhead swinging motion is due to trunk hyperextension with concentric contraction of the abdominal musculature followed by eccentric contraction during trunk flexion.
   - a. True
   - b. False

5. In long distance runners, Loudon and Swift note that iliotibial band syndrome (ITBS) is the ___ leading cause of knee pain.
   - a. first
   - b. second
   - c. third
   - d. fourth

6. Symptoms of ITBS are worse during ________ degrees of knee flexion during activity.
   - a. 10–15
   - b. 15–20
   - c. 25–30
   - d. 35–40

7. The clinical implications for treating a runner with a history of ITBS are to focus on hip strength and running gait training.
   - a. True
   - b. False

8. In the critically appraised topic of ITBS the authors included _____ relevant articles in the qualitative analysis.
   - a. 6
   - b. 10
   - c. 21
   - d. 213

9. In the plantar fascia pain case report by Hancock et al., the following are examples of the clinician-based outcomes assessed EXCEPT:
   - a. lower extremity function scale
   - b. manual muscle testing
   - c. range of motion
   - d. selective functional movement assessment
10. The following are examples of patient-reported outcomes used in this case EXCEPT:
   a. lower extremity function scale  
   b. numeric rating scale  
   c. global rating of change  
   d. selective functional movement assessment

11. In this case, these two interventions used on back-to-back days resulted in the patient reporting a complete resolution of his foot pain.
   a. joint mobilizations and effleurage massage  
   b. joint mobilizations and positional release therapy  
   c. joint mobilizations and ultrasound  
   d. positional release therapy and effleurage massage

12. Using a regional interdependence perspective, the clinician will assess corresponding regions within the kinetic chain and identify contributing factors leading to the patient’s primary complaint and pain.
   a. True  
   b. False

13. As explained by Myers and Capilouto, individuals with secure attachment styles believe they are worthy of care and that others are able to provide care in a trustworthy manner.
   a. True  
   b. False

14. The following are forms of insecure attachment styles EXCEPT:
   a. dismissing  
   b. fearful  
   c. low dependency  
   d. preoccupied

15. The proposed model for rehabilitation adherence is based on these three characteristics:
   a. communication, empathy, and mindfulness  
   b. communication, trust, and education  
   c. empathy, communication, and education  
   d. empathy, communication, and trust

16. For a patient with a dismissing attachment style, the clinician would implement this strategy:
   a. acknowledge the dismissive behavior  
   b. ignore the dismissive behavior  
   c. set specific boundaries  
   d. understand importance of referral

17. In the muscle activation study by Oliver at al., the participants were instructed to hop off of their dominant foot when completing the single leg lateral hop.
   a. True  
   b. False

18. Research conducted by Mazerolle et al., revealed that the graduate program type did not appear to play a factor in a graduate assistant athletic trainer’s career intentions.
   a. True  
   b. False

19. What percentage of participants were influenced to change their original career intentions after completing their graduate assistant athletic training positions?
   a. 7%  
   b. 10%  
   c. 21%  
   d. 28%

20. The main finding of the Hoch et al. article was that the original 29-item Foot and Ankle Ability Measure (FAAM) could be reduced to one 12-item scale for assessing patient reported outcomes in physically active adults with chronic ankle instability.
   a. True  
   b. False