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. 1, 8, 14, 21, 28, 36, and 42 of IJATT 21(5), September 2016.

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

1. Hoch and colleagues explain that the International Ankle Consortium’s position statement on chronic ankle instability (CAI) selection criteria includes the following EXCEPT:
   a. a history of two or more episodes of “giving way” within the past three months
   b. a history of two or more significant ankle sprains
   c. a score of less than or equal to 80% on the FAAM-Sport Scale
   d. function scores of less than or equal to 90% on the Foot and Ankle Ability Measure (FAAM) Activities of Daily Living Scale

2. In this CAI study, the participants completed a _____ minute walk, and the target speed was _______ meters/second.
   a. 1; 1.5
   b. 1.5; 10
   c. 5; 1.5
   d. 10; 1.5

3. Individuals in the CAI group demonstrated significantly decreased knee flexion from 69–98% of the gait cycle.
   a. True
   b. False

4. The primary findings of the CAI study were that participants with CAI demonstrated less knee and hip flexion during the ________________.
   a. heel strike
   b. push off
   c. stance phase
   d. swing phase

5. As explained by Comfort et al., positive frontal plane projection angle (FPPA) values refer to knee varus and negative values refer to knee valgus.
   a. True
   b. False

6. This task showed the greatest FPPA:
   a. backaway
   b. drop landing
   c. front somersault
   d. tuck back somersault

7. A large and significant difference was observed between the right and left leg during these two tasks:
   a. backaway and front somersault
   b. backaway and tuck back somersault
   c. drop landing and backaway
   d. drop landing and tuck back somersault

8. In the thoracic outlet syndrome (TOS) CASE Report by Billy et al., the patient first noticed left-sided symptoms while performing this exercise:
   a. bench press
   b. overhead press
   c. power clean
   d. squat with bar behind neck
9. His physical examination was significant for mild atrophy of this muscle:
   a. abductor pollicis brevis  
   b. abductor pollicis longus  
   c. adductor pollicis  
   d. flexor pollicis brevis

10. Rehabilitation included strengthening of these two muscles:
    a. lower trapezius and pectoralis minor  
    b. lower trapezius and serratus anterior  
    c. serratus anterior and pectoralis minor  
    d. serratus anterior and scalenes

11. In the Critically Appraised Topic (CAT) on hamstring stretching, Hancock et al. identified _____ studies, and _______ studies were included in the CAT.
    a. 189; 3  
    b. 195; 6  
    c. 202; 3  
    d. 202; 6

12. The average PEDro score for the included articles was _____ out of 10, which indicates low-quality evidence.
    a. 3  
    b. 3.33  
    c. 4.33  
    d. 5

13. For individuals with hamstring tightness, there is low-quality evidence to suggest whether PNF or static stretching is more effective at increasing ROM.
    a. True  
    b. False

14. Rhinehart et al. note that a Stieda process is an osseous enlargement of the ___________ process of the talus which projects more ___________ than normal.
    a. posterolateral; laterally  
    b. posterolateral; medially  
    c. posterolateral; posteriorly  
    d. posteriormedial; posteriorly

15. In this posterior ankle impingement (PAI) case report, the soccer player presented with pain elicited at the end-range of plantar flexion.
    a. True  
    b. False

16. Muise and colleagues’ study on a Canadian football team noted that these positions received significantly more hits to the head than all other positions:
    a. defensive backs and linebackers  
    b. defensive linemen and defensive backs  
    c. linebackers and running backs  
    d. offensive and defensive linemen

17. In this study, players in games had significantly larger magnitude and frequency of head impacts compared with training camp and practices.
    a. True  
    b. False

18. The largest average maximum linear accelerations were experienced by players in this position:
    a. defensive back  
    b. defensive lineman  
    c. linebacker  
    d. running back

19. In their CAT, Pathoomvanh et al. note that there is high-quality evidence to support the use of posterior shoulder stretching to reduce deficits in internal rotation range of motion.
    a. True  
    b. False

20. The three included studies in this CAT received lower PEDro scores largely due to this limitation:
    a. difference in baseline characteristics  
    b. lack of blinding  
    c. lack of random assignment  
    d. not concealing the allocation process