A functional upper extremity after stroke: scientific evidence applied in the current health care climate

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Quiz

Please print this document and mail the completed quiz to:

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For items1-5, select the letter (a-d) of the correct completion.

1. The concern about the external validity of early work in constraint-induced therapy could be based on the:
    a. fact that the paradigm developed from work that was done on non-human primates.
    b. strict inclusion criteria for subjects.
    c. use of so many different functional activities in the intervention.
    d. long periods of time that the less-affected upper extremity was constrainted.

2. Results of research studies with massed practice suggest that:
    a. rest periods between practice trials prevent fatigue from interfering with learning.
    b. rest periods should be filled with mental practice.
    c. group activities are better than individual activities.
    d. performance decrements during practice do not necessarily indicate that learning is not occurring.

3. In constraint-induced therapy learning a skill in small steps and adding complexity and difficulty as the skill is mastered is called:
    a. context-specific training.
    b. distributed practice.
    c. task-specific training.
    d. shaping.

4. The active process of reproducing an action in working memory without actually performing the movement is called:
    a. motor imagery.
    b. virtual reality.
    c. telemedicine.
    d. robotics.

5. The key element in motor learning and recovery is
    a. explicit directions.
    b. verbal feedback.
    c. repetition.
    d. manual guidance.

For items 6-10, select if the statement is true or false.

6. The 2003 review by Riolo and Fischer reported that there is moderate evidence to support the use of strength training for stroke survivors.
    a. true
    b. false

7. Timed bilateral upper extremity exercise is a good way to increase the movement speed of the affected upper extremity after stroke.
    a. true
    b. false

8. The research evidence to support the use of electrical stimulation to regain functional use of the upper extremity after stroke is strong.
    a. true
    b. false

9. Contextually-enriched practice is more beneficial to learning than practice in impoverished environments.
    a. true
    b. false

10. Deficits in functional performance may be revealed by asking your client with stroke to perform two activities at once, even when each of the activities can be done successfully by itself.
    a. true
    b. false

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