

Whiplash Quiz

1. According to *Quebec Task Force* classification of whiplash, neck pain, stiffness, tenderness; reduced range of motion and spasm... considered:
 - A. Grade 1
 - B. Grade 2
 - C. Grade 3
 - D. Grade 4

2. The massage therapist treating whiplash victim, want to request access to records of other health care professionals who also treating client. This must be done...
 - A. By wrote to court
 - B. By request to physician
 - C. With written permission of client
 - D. With telephone call of client

3. In whiplash, the direction of impact influences the structures that are affected. When the neck is turned and flexed...
 - A. Sprain/ strain of posterior neck can occur
 - B. Strain/ sprain of anterior neck can occur
 - C. Nerve root compression and facet dislocation can occur
 - D. Facet joint compression can occur

4. In chronic stage of whiplash, spasm of ... will flatten and reduce the cervical spine lordosis, destabilizing the vertebrae and exerting compression on the cervical discs.
 - A. Multifidi
 - B. Longus coli
 - C. Levator scapula
 - D. SCM

5. An *Upper Limb Tension Test* is positive in a client of whiplash associated disorder, will indicate...
- A. Cervical nerve root injury
 - B. Brachial plexus injury
 - C. Peripheral nerve pathologies
 - D. All of above
6. All are contraindicated in the acute stage, testing of an F/C Grade2 or higher whiplash, **EXCEPT**:
- A. Neurological testing
 - B. AF range of motion
 - C. PR range of motion
 - D. AR range of motion
7. The specific treatment of acute stage of Grade 1 whiplash are included all below, **EXCEPT**:
- A. Isometric agonist
 - B. Gentle vibration
 - C. Effleurage of agonist
 - D. Effleurage of antagonist
8. Left SCM triggered points are treated with pincer grasp, when ...
- A. Neck bend to right, head rotates left
 - B. Neck bend to right, head rotates right
 - C. Neck bend to left, head rotates right
 - D. Neck bend to left, head rotates left
9. In subacute stage, adhesion in facet capsule are treated with...
- A. Cervical spine distraction
 - B. Slow skin rolling
 - C. Longitudinal muscle stripping
 - D. Short cross-fibre strokes

10. Remedial exercise that is given to whiplash self-care , is dependent to stage of healing and the severity of injury. The active free range of motion of cervical spine is gradually increased in...

- A. Acute stage
- B. Early subacute stage
- C. Late subacute stage
- D. Chronic stage

GOOD LUCK!