Umphred's Neurological Rehabilitation 8th edition Lazaro Test Bank

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Test Bank - Chapter 01

Q1: A physical therapist is prioritizing interventions for a patient with multiple impairments following a neurological injury. Which approach BEST aligns with the foundational principles of neurological rehabilitation described in this chapter?

A. Address impairments in order of severity before considering functional activities
B. Select interventions that normalize movement patterns prior to task engagement
C. Design interventions that link movement performance to meaningful activities and participation (Correct)
D. Focus treatment on body structure deficits to minimize compensatory strategies

Rationale: Foundational practice emphasizes linking movement to activity and participation rather than prioritizing impairment normalization alone.

Q2: During task practice, a patient demonstrates variable movement strategies yet improves task success. Which interpretation BEST aligns with contemporary motor learning theory?

A. Variability indicates poor motor control and should be minimized
B. Variability reflects exploration that supports learning (Correct)
C. Consistency should be achieved before task difficulty is increased
D. Compensation should be immediately corrected

Rationale: Dynamic systems and motor learning theories identify variability as essential for skill acquisition.

Q3: A therapist modifies the environment rather than the patient to improve performance. Which theoretical principle BEST supports this approach?

A. Hierarchical motor control theory
B. Dynamic systems theory (Correct)
C. Reflex-based facilitation
D. Neurodevelopmental sequencing

Rationale: Dynamic systems theory emphasizes task and environmental constraints as drivers of movement.

Q4: A patient performs well in therapy but fails to demonstrate carryover at home. Which strategy BEST improves transfer of learning?

A. Increase verbal feedback frequency
B. Practice only in the clinic setting
C. Increase task variability and contextual relevance (Correct)
D. Reduce task difficulty

Rationale: Motor learning research shows variability and contextual practice enhance transfer.

Q5: Which therapist action BEST reflects evidence-informed practice?

A. Using interventions supported only by personal experience
B. Following published protocols without modification
C. Integrating research evidence, patient goals, and clinical judgment (Correct)
D. Selecting interventions based on equipment availability

Rationale: Evidence-based practice integrates research, clinician expertise, and patient values.

Q6: A therapist emphasizes movement quality over task completion speed. This approach MOST directly addresses which movement system concept?

A. Pathology-based diagnosis
B. Movement pattern organization (Correct)
C. Isolated muscle strengthening
D. Compensatory efficiency

Rationale: Movement system diagnosis focuses on how movement is organized, not just outcomes.

Q7: Which scenario BEST demonstrates participation-level improvement?

A. Increased quadriceps strength
B. Improved balance score on Berg Balance Scale
C. Independent return to recreational sports (Correct)
D. Normalized muscle tone

Rationale: Participation reflects involvement in life situations, per the ICF.

Q8: A therapist delays increasing task difficulty until performance stabilizes. Which learning principle is MOST compromised by this approach?

A. Specificity
B. Repetition
C. Error-based learning (Correct)
D. Motivation

Rationale: Error experience is necessary to drive neural adaptation.

Q9: Which assessment strategy BEST supports movement system diagnosis?

A. Manual muscle testing in isolation
B. Observation of standardized functional tasks (Correct)
C. Passive range of motion measurement
D. Reflex testing only

Rationale: Movement system diagnosis relies on analysis of functional movement patterns.

Q10: A patient demonstrates improved function despite persistent impairments. Which interpretation is MOST appropriate?

A. Impairments must be eliminated to improve function
B. Compensation negates true recovery
C. Function can improve through system adaptation (Correct)
D. Outcome measures are invalid

Rationale: Contemporary rehabilitation recognizes adaptive strategies can improve function.