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Was the content of the article relevant to current AT practice? Yes No

Was reading the article and completing the quiz a good way for you to learn? Yes No

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28.3A Quiz Impact of Wheelchair Seat Height on Neck and Shoulder Range of Motion

1. Repetitive hyperextension of the neck is associated with a reduction in the diameter of the vertebral canal. It can also be a risk factor for what condition?

- a. Cranial stenosis
- b. Cervical myelopathy
- c. Spinal myelitis
- d. Cervical stenosis

ANSWER: _____

2. Individuals with what condition are particularly susceptible to repetitive hyperextension?

- a. Cervical stenosis
- b. Spinal myelitis
- c. Spinal stenosis
- d. Cervical myelopathy

ANSWER: _____

3. In what position were participants most comfortable in a study examining neck discomfort among wheelchair users?

- a. When their arms were fully outstretched
- b. When their neck was relaxed and not strained
- c. When they extended their back and spine moderately
- d. When their necks were held in a slightly flexed position

ANSWER: _____

4. Regarding the study examining neck discomfort among wheelchair users, how far did participants have to extend their cervical spines in order to look at the average seated male?

- a. 15°
- b. 11°
- c. 9°
- d. 5°

ANSWER: _____

5. How far did the participants in the study have to extend their cervical spines in order to make eye contact with the average height standing male?

- a. 27°
- b. 15°
- c. 22°
- d. 31°

ANSWER: _____

6. In the study comparing the frequency and duration of overhead arm activity, how much more overhead arm activity did the wheelchair users perform than the controls?

- a. About twice as much
- b. About three times as much
- c. About four times as much
- d. About five times as much

ANSWER: _____

Name: _____ Email: _____

7. What was the range of minimum wheelchair seat heights set by manufacturers?

- a. 16" – 19"
- b. 14" - 17"
- c. 9" – 13"
- d. 17" – 21"
- e. 11" – 14"

ANSWER: _____

8. Which of the following is a critical psychological element affecting communication, social engagement, self-esteem, and perceived quality of life of each individual?

- a. The ability to shake hands properly
- b. The ability to achieve good rapport
- c. The ability to achieve eye contact with others
- d. The ability to gain mutual respect and understanding

ANSWER: _____

9. How many participants did the final sample include?

- a. 50
- b. 60
- c. 40
- d. 70

ANSWER: _____

10. What was the range of seat height in the power wheelchair?

- a. 15.5" – 20.5"
- b. 12.5" - 17.5"
- c. 25.5" – 27.5"
- d. 17.5" – 25.5"

ANSWER: _____

11. What was the duration of each session?

- a. 10 minutes
- b. 5 minutes
- c. 12 minutes
- d. 7 minutes

ANSWER: _____

12. What was one specific recommendation for future research?

- a. More data needs to be collected for standing height in order to clarify results further
- b. More participants should wear corrective eye glasses or contacts, including progressive lenses
- c. Further research should examine the same factors, such as arm length, in more depth
- d. Further research should examine wheelchair users of taller stature to help determine if they are prone to the development of RSI's

ANSWER: _____