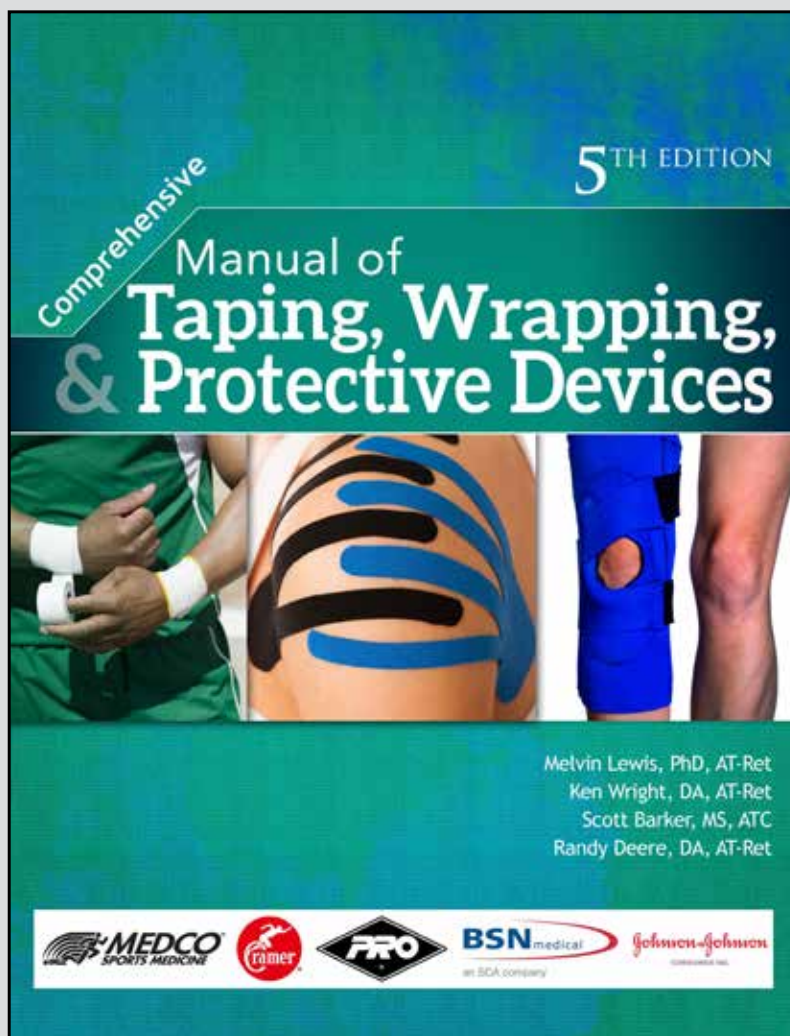


TEST BANK



Contents

Part I: Basic Fundamentals

Chapter 1: Taping Techniques, Wrapping Techniques for Support, and Protective Devices

Chapter 2: Basic Fundamentals

Part II: Techniques for Lower Extremities

Chapter 3: Foot, Ankle, and Lower Leg

Chapter 4: Knee, Thigh, and Hip

Part III: Techniques for Upper Extremities

Chapter 5: Shoulder and Upper Arm

Chapter 6: Elbow, Forearm, Wrist, and Hand

Part IV: Recommendations for Selected Protective Devices

Chapter 7: Facial, Thorax, Abdomen, and Low Back

Chapter 8: BSN Medical

Chapter 9: Kinesio Taping® Method

1

Taping Techniques, Wrapping Techniques for Support, and Protective Devices

CHOOSE THE BEST ANSWER

1. The primary purpose for tape application is _____.
 - a. stability
 - b. compression for affected body part
 - c. to secure pads
 - d. to provide additional support
 - e. all of the above
2. Adhesive tape is traditionally marketed as _____.
 - a. tape that provides greater freedom of movement
 - b. nonelastic white tape
 - c. used only as a preventative taping measure
 - d. provides anti allergenic results
 - e. none of the above
3. Which is the most important item when preparing the body for tape application?
 - a. spray adherent
 - b. underwrap or cohesive tape
 - c. proper body position
 - d. skin lubricants
 - e. all of the above
4. When applying tape, overlap tape _____ width of tape to avoid spaces that could cause cuts and friction burn.
 - a. same
 - b. $\frac{3}{4}$
 - c. $\frac{1}{2}$
 - d. $\frac{1}{4}$
 - e. none of the above
5. _____ is defined as a woven fabric that also allows for expansion and contraction and is used for compression or supportive techniques.
 - a. adhesive tape
 - b. elastic wrap
 - c. elastic tape
 - d. cohesive tape
 - e. both C and D

6. To ensure safety and product effectiveness, a commercially made protective device should provide _____.
- additional protection, support, stability, and compression
 - manufacturing liability and proper application instructions
 - sport specific regulations
 - both a and b
 - all the above

FILL IN THE BLANKS OR COMPLETE THE SENTENCES

7. A horizontal plane at right angles to the vertical axis of the body or a plane that divides the body into top and bottom portions is defined as a _____ plane.
8. A vertical plane through the longitudinal axis of the body or part of the body, dividing it into right and left parts is defined as the _____ plane.
9. A vertical flat surface formed by making a cut, imaginary or real, through the body and creating anterior and posterior halves is the _____ plane.
10. What does the acronym "NOCSAE" stand for?

11. As required a _____ or _____ must prescribe a custom brace.

TRUE OR FALSE

12. ___ Some brands of elastic tape require the use of scissors to tear or cut.
13. ___ Cohesive tape adheres to other surfaces as opposed to itself.
14. ___ Cohesive tape can be used as an underwrap when an individual is allergic to tape.
15. ___ When applying a taping technique, follow the tape with your hands to smooth out all wrinkles.
16. ___ Elastic wraps are used primarily as support for injured body parts
17. ___ Physician approval of taping, bracing and padding supersedes guidelines established for each sport by appropriate governing bodies for athlete participation.

ANSWER KEY FOR CHAPTER 1

- | | |
|---------------|--|
| 1. E | 10. National Operating Committee on Standards for Athletic Equipment |
| 2. B | 11. qualified physician or qualified health care professional |
| 3. E | 12. T |
| 4. C | 13. F |
| 5. B | 14. T |
| 6. D | 15. T |
| 7. Transverse | 16. F |
| 8. Sagittal | 17. F |
| 9. Frontal | |

2

Basic Fundamentals

CHOOSE THE BEST ANSWER

1. Compression wraps are made to fit snugly to_____.
 - a. reduce swelling
 - b. provide support
 - c. reduce circulation
 - d. A, B, and C
2. When applying compression wrap _____.
 - a. begin proximal to the injury wrapping away from the heart
 - b. use a spiral pattern
 - c. frequently remove to ensure that normal circulation and neurological function is present
 - d. understand the fundamentals of the application of wrapping procedures
 - e. B, C, and D
3. A thorough knowledge of proper body positioning is imperative for compression wraps. What is the preferred position the ankle be placed for the Ankle Compression Elastic Wrap?
 - a. 110 degree angle
 - b. 100 degree angle
 - c. 90 degree
 - d. slight dorsiflexion
 - e. none of the above

TRUE OR FALSE

4. ___ Before applying any type of taping or wrapping technique, make sure the individual's skin temperature is normal.
5. ___ When applying a technique, stand at a comfortable and stationary position and place the body to be wrapped at your waist height.
6. ___ Always give special consideration to selection of proper supplies.
7. ___ Complications arise as a result of casts and splints. The most pressing issue is developing compartment syndrome.
8. ___ For the wrist/hand elastic compression wrap, the suggested size wrap is 6 inches.
9. ___ For the Elbow Compression Wrap using cohesive tape, it is suggested to use 3 or 4 inch cohesive tape
10. ___ After applying an elastic wrap, secure the wrap with a small strip of ½ inch adhesive tape.

FILL IN THE BLANKS OR COMPLETE THE SENTENCES

11. An abnormal or unpleasant sensation that results from injury to one or more nerves and often described as numbness and tingling, prickly, stinging or burning feeling is defined as _____.
12. Why are splints used in the acute setting (injury less than 7 to 10 days)?

13. The “silver technology” and the “polyester filament” of the Nanoflex Compression Sleeves address two issues? Name those two issues?

14. The Knee Compression Wrap uses what size elastic wrap? _____.

ANSWER KEY FOR CHAPTER 2

1. D
2. E
3. C
4. T
5. F
6. T
7. T
8. F
9. T
10. F
11. Paresthesia
12. Splints can accommodate for swelling commonly associated with injuries.
13. Eliminates odor-causing bacteria. Wicks moisture away from the body
14. 6 inch wrap

3

Foot, Ankle, and Lower Leg

CHOOSE THE BEST ANSWER

1. When taping the foot, the anatomical position should be slightly _____.
 - a. slightly dorsiflexed (10 to 20 degrees)
 - b. slightly plantar flexed (10 to 15 degrees)
 - c. slightly plantar flexed (20 to 25 degrees)
 - d. slightly dorsiflexed (20 to 25 degrees)
 - e. none of the above
2. The neutral position of the ankle joint when taping is with the leg fully extended the foot should be positioned at _____ degrees.
 - a. 70 degrees
 - b. 80 degrees
 - c. 90 degrees
 - d. 100 degrees
 - e. all of the above
3. The primary reason for taping the “Great Toe – Dorsal or Plantar” is:
 - a. sprain to the first metatarsophalangeal joint
 - b. strain to the first metatarsophalangeal joint
 - c. plantar fasciitis
 - d. 5th metatarsal sprain
 - e. none of the above
4. For the Metatarsal Arch taping, a piece of _____ felt is cut in a diamond shape.
 - a. 1/32 to 1/16 inch
 - b. 1/16 to 1/8 inch
 - c. ¼ to ½ inch
 - d. ¾ to 1 inch
 - e. ½ to 1 ½ inch
5. The primary reason for taping the “Medial Longitudinal Arch” is:
 - a. arch sprains
 - b. shin splints
 - c. overuse injuries
 - d. A, B, and C
 - e. None of the above

6. What supplies are used when taping a person with plantar fasciitis?
 - a. 1-in. adhesive elastic tape, 1-in adhesive felt (moleskin)
 - b. 2-in. adhesive tape
 - c. 3-in. adhesive felt (moleskin), 2-in. elastic tape, and 1½ inch adhesive tape
 - d. 3-in elastic tape, ½ inch adhesive tape and 1-in. adhesive felt (moleskin).
 - e. all of the above

TRUE OR FALSE

7. ____ When applying the anchor strip (lower leg) for Ankle -Closed Basket Weave Taping, angle the tape slightly to conform to the leg.
8. ____ For the Ankle -Closed Basket Weave Taping, when applying the figure of 8 around the ankle, start on the outside of the foot and across the plantar portion and up on the inside of the foot to the starting position.
9. ____ Sometimes joint trauma could be present on both the medial and laterals aspects of the joint. In this case, the Spartan technique may be appropriate.

FILL IN THE BLANKS OR COMPLETE THE SENTENCES

10. The taping technique used to provide compression and support to the ankle joint while allowing room for expansion due to swelling is referred to as _____.
11. For the Achilles Tendon taping, the foot and ankle is placed in what position? _____.
12. What supplies (size and type) are needed for the cloth ankle wrap. _____.
13. The proper terminology for the upper surface (e.g., top of foot) is: _____.
14. A rounded, bony protuberance on each side of the ankle joint is referred to as: _____.
15. Act of rotating the pronated foot internally on the ankle; turning the sole of the foot inward is defined as: _____.
16. The proper terminology for “flat feet” is: _____.
17. The terminology for the Ventral aspect of the foot (sole of foot) is: _____.
18. A point away from a center, from the midline, or from the trunk. _____.
19. *Pes cavus* is a term identifying: _____.
20. Act of drawing the toe or foot toward the dorsa aspect of the proximally conjoined body segment is defined as: _____.

ANSWER KEY FOR CHAPTER 3

1. B
2. C
3. A
4. C
5. D
6. C
7. T
8. F
9. T
10. Open Basket weave
11. Plantar flexion
12. 2-inch cloth wrap (72 to 96 in) and 1 ½ inch adhesive or elastic tape
13. Dorsal
14. Malleolus
15. Inversion
16. Pes planus
17. Plantar
18. Distal
19. High arch: deformities of the foot
20. Dorsiflexion

4

Knee, Thigh, and Hip

CHOOSE THE BEST ANSWER

1. When taping for a “Collateral Knee,” the anatomical position should be slight _____.
 - a. extension (10 to 15 degrees)
 - b. flexion (10 to 15 degrees)
 - c. flexion (20 to 25 degrees)
 - d. extension (20 to 25 degrees)
 - e. none of the above
2. Where do you apply a lubricated gauze pad (heel and lace) pad prior to taping the “Collateral Knee?”
 - a. anterior aspect above the patella
 - b. posterior aspect mid-thigh
 - c. anterior aspect (tibial tuberosity)
 - d. posterior aspect (popliteal space)
 - e. all of the above
3. What taping technique is used on the knee using a five- to seven-strip butterfly (hour glass) pattern on the posterior side of the knee?
 - a. hyperextended knee
 - b. anterior cruciate
 - c. patella tendon
 - d. adjunct taping procedures: Hyperextended knee
 - e. none of the above
4. What supplies are used for the “patella tendon” taping technique?
 - a. 4-inch cohesive tape
 - b. 3-inch elastic tape
 - c. 2-inch adhesive tape
 - d. 1-inch adhesive tape
 - e. all of the above
5. The purpose for taping a “hip pointer” is because _____.
 - a. sprains to the illiac crest
 - b. strains to the iliac crest
 - c. contusions to the iliac crest
 - d. B and C
 - e. none of the above

TRUE OR FALSE

6. ____ The anatomical position used for the Knee Joint Wrap is slight flexion with a heel lift under the heel.
7. ____ Overlap each layer by $\frac{3}{4}$ of its width while performing the Hamstring Wrap.
8. ____ The Quadriceps Wrap requires that you begin the wrap at the distal end of the thigh and wrap diagonally to the proximal end.
9. ____ The type of protective brace used as a knee pad is the PRO TURF Baseball Knee Pad?
10. ____ While conducting the Hip Adductor Wrap pull the wrap across the abdomen to the lateral aspect and then to the posterior aspect.

FILL IN THE BLANKS OR COMPLETE THE SENTENCES

11. The act of drawing a body segment away from a straight line or toward the smallest acute angle of that joint is defined as _____.
12. A ligament crossing through the knee joint that attaches from the anterior tibia to the posterior femur which limits anterior movement of the tibia from the femur is referred to as the _____.
13. The reverse movement during which the angle between the body part is increased is defined as _____.
14. A position of a body part that is bent outward is referred to as _____.
15. A position of a body part that is bent inward is referred to as _____.
16. Lifting the leg sideward away from the body is defined as _____.
17. Bringing the leg back toward the after sideward movement is called _____.
18. Neutral position of the Hip Joint prior to taping is _____.

ANSWER KEY FOR CHAPTER 4

- | | |
|------|--------------------------------------|
| 1. B | 10. T |
| 2. D | 11. Flexion |
| 3. D | 12. Anterior cruciate ligament (ACL) |
| 4. D | 13. Extension |
| 5. D | 14. Valgus |
| 6. T | 15. Varus |
| 7. F | 16. Abduction |
| 8. F | 17. Adduction |
| 9. T | 18. Slight flexion |

5

Shoulder and Upper Arm

CHOOSE THE BEST ANSWER

1. When preparing a body part for taping some steps are optional. Which step would be considered optional?
 - a. clean the area
 - b. skin lubricants
 - c. use of underwrap
 - d. removal of hair
 - e. proper body position
2. The clinical application for taping the AC joint is _____?
 - a. shoulder strains
 - b. sprains and contusions
 - c. lacerations
 - d. A and B
 - e. all of the above
3. For additional protection or the "Adjunct Taping Procedures" for the AC joint, one should _____.
 - a. construct a felt or foam rubber pad 2 inches thick
 - b. use a thermoplastic pad
 - c. cut a hole in the protective pad and place of the AC joint
 - d. B and C
 - e. all of the above
4. What is the purpose of taping and wrapping the "Glenohumeral Joint"?
 - a. to restrict flexion and extension
 - b. to restrict abduction and external rotation
 - c. to restrict adduction and internal rotation
 - d. A and B
 - e. none of the above
5. When taping an AC joint for a female, _____.
 - a. the horizontal tape strips should end above the breast
 - b. only use 1 ½ adhesive tape
 - c. use extra padding due to smaller bone structure
 - d. B and C
 - e. all of the above

MATCH THE FOLLOWING TERMS WITH CORRECT ANSWER

6. ____ External rotation
7. ____ Internal rotation
8. ____ Abduction
9. ____ Adduction
10. ____ Circumduction

Matching answers

- a. Movement toward the median plan or bringing the arm sideward against the body.
- b. Turning inwardly or toward the midline of the body.
- c. Movement around an axis such that the proximal end of the a limb is fixed and distal end traces a circle
- d. Turning outwardly or away from the midline of the body.
- e. Movement away from the median plane or lifting the arm sideward away from the body.

ANSWER KEY FOR CHAPTER 5 SHOULDER AND UPPER ARM

1. D
2. B
3. D
4. B
5. A
6. D
7. B
8. E
9. A
10. C

6

Elbow, Forearm, Wrist, and Hand

CHOOSE THE BEST ANSWER

1. While preparing the body part for taping which one of the following items is optional?
 - a. clean the area
 - b. skin lubricants
 - c. proper body positioning
 - d. underwrap or cohesive tape
 - e. spray adherent
2. Before proceeding with a taping procedure on the elbow, the elbow joint should be held at _____.
 - a. slight extension (20 to 50 degrees)
 - b. slight flexion (10 to 15 degrees)
 - c. slight abduction (20 degrees)
 - d. None of the above
 - e. all of the above
3. The “Elbow Hyperextension” taping limits _____.
 - a. elbow flexion
 - b. elbow extension
 - c. abduction
 - d. adduction
 - e. all of the above
4. The supplies needed to tape for “Elbow Epicondylitis” are: _____.
 - a. 4- in. elastic tape, 1-in. adhesive tape, and ½ -in. or ¼ in. felt pad
 - b. 1 ½ in adhesive tape, and 2 inch padding.
 - c. 2-in. elastic tape, 1-in. adhesive tape, and ½ -in. or ¼ in. felt pad
 - d. none of the above
 - e. all of the above
5. The anatomical structures supported through “Wrist” taping are _____.
 - a. Anterior Carpi Ulnaris
 - b. Extensor Digitorum
 - c. Dorsal and Palmar Radiocarpal ligaments
 - d. Biceps Brachii
 - e. all of the above

TRUE OR FALSE

6. ____ Using the 5- to 7-strip adhesive tape butterfly technique for wrist taping prevents hyperflexion.
7. ____ Supination is rotating the hand or turning the palm of the hand downward.
8. ____ Pronation is rotating the hand or turning the palm of the hand upward.
9. ____ Space at the base of the thumb created by the extensor pollicis longus and brevis tendons is called the anatomical snuffbox.
10. ____ Taping the Interphalangeal joint requires the use of 2-inch elastic tape.

ANSWER KEY FOR CHAPTER 6

1. E
2. B
3. B
4. C
5. C
6. T
7. F
8. F
9. T
10. F

7

Facial, Thorax, Abdomen, and Low Back

CHOOSE THE BEST ANSWER

1. When taping the ribs for a contusion and strain, the proper anatomical position is _____.
 - a. sitting in a chair with hips flexed
 - b. standing upright with the arm of the affected side abducted
 - c. in a prone position laying on a table
 - d. none of the above
 - e. all of the above
2. The lumbar area of the low back consists of ____ vertebral bodies.
 - a. 6
 - b. 5
 - c. 4
 - d. 3
 - e. None of the above

TRUE OR FALSE

3. ____ When taping the ribs, one of the last procedures is using a 4 to 6 in. extra long elastic wrap.
4. ____ The biggest difference in the adjunct taping procedure and the regular rib taping procedure is adding foam rubber to the affected area.
5. ____ Cover the nipple with either adhesive tape or elastic tape prior to taping the ribs.
6. ____ The anatomical position for taping the low back is in a sitting position with knees extended and waist slightly flexed.

ANSWER KEY FOR CHAPTER 7

1. B
2. B
3. T
4. T
5. F
6. F

8

BSN Medical

FILL IN THE BLANKS OR COMPLETE THE SENTENCES

1. Name three benefits to wearing compression supports.

2. Name three indications of use for the Actimove GenuMotion/3D Knee Support.

3. Name three highlights (such as “knit design”) of the Actimove TaloMotion/3D Ankle support.

4. Name the indications for using Actimove EpiMotion/3D Elbow Support.

5. The Actimove PowerMotion Calf/3D Calf Support has “Y straps built in. What is the purpose of the “Y straps”?

6. What are two terms used to identify injuries to the Ulnar Collateral Ligament in the Thumb?

7. Name three indications for using Actimove Rhizo Forte Thumb Brace.

ANSWER KEY FOR CHAPTER 8

1.
 - A. Protect injured body part
 - B. Protect from further injury
 - C. Provide proprioception
 - D. Minimize or reduce swelling
 - E. Improve lymphatic flow
2.
 - A. Bursitis
 - B. Chondromalacia Patella
 - C. Contusions
 - D. Strains
 - E. Osgood-Schlatter Disease
 - F. Patellar Instability
 - G. Tendinitis
3.
 - A. Knit design
 - B. Lightweight and breathable
 - C. Motion comfort zone at the dorsum of ankle area for comfort
 - D. Two viscoelastic pressure pads on both malleoli
 - E. Gradient compression around the ankle and foot to speed healing
 - F. Measurement for sizing: Measure circumference of ankle above malleoli
4. Golfers or Tennis Elbow, Arthritis or postoperative use.
5. Additional adjustable compression on calf area.
6.
 - A. Game Keepers Thumb
 - B. Skiers's thumb
7.
 - A. Thumb Osteoarthritis (OA)
 - B. Ulnar Ligament injury (UCL) of the MCP1 joint (Gamekeeper or Skier's thumb).
 - C. Rheumatoid Arthritis (RA) of thumb
 - D. Instability of the CMC joint
 - E. After surgical and nonsurgical treatment
 - F. Soft Tissue injuries (Sprains)
 - G. Traumatic Thumb CMC dislocation
 - H. Ligament instabilities
 - I. Post-operative immobilization

9

Kinesio Taping Method

FILL IN THE BLANKS OR COMPLETE THE SENTENCES

1. "Kinesio Tex Tape is safe for populations ranging from pediatric to geriatric and successfully treats a variety of conditions such as:

2. Name five benefits of using Kinesio Taping.

3. What are two contraindications of applying Kinesio Tex Tape?

4. Consult with a specialist before considering applying Kinesio Taping for several conditions. Name three of these conditions.

TRUE OR FALSE

5. ___ The crisscross pattern of the technique is applied over the area of the edema.
6. ___ Apply the tails of the “Precut Foot” fan cut with 0 to 20% of available tension over the area of edema.
7. ___ After applying the tape, (Precut Foot) rub the tape to activate the adhesive.
8. ___ For the “Precut Knee,” if required use a tape measure before cutting for proper measures.
9. ___ For the “Precut Knee,” if required use the guide on the tape backing to cut the tape strip.
10. ___ The “Precut Back” suggest using the tear line as a guide for tape placement.
11. ___ Always rub the tape to activate the adhesive.
12. ___ While taping the wrist, bend the wrist/hand upward and place the base of the blue tape above the knuckles.

ANSWER KEY FOR CHAPTER 9

1. A. Orthopedic
B. Neuromuscular
C. Neurological
2. A. Reeducate the neuromuscular system
B. Reduce Pain
C. Optimize performance
D. Prevent injury
E. Promote improved circulation and healing
3. A. Over active malignancy site
B. Over active cellulitis or skin infection
Or
Over open wounds, fragile or healing skin
Over deep vein thrombosis (clots)
If patient has had a previous skin reaction to this product
4. A. Diabetes
B. Kidney disease
Or
Lymphodema
Respiratory conditions
Congestive heart failure
CAD or bruits in the carotid artery
Pregnancy
5. T
6. T
7. T
8. F
9. T
10. F
11. T
12. F