

8. Park M, Kim J, Yu C and Lim H. The Effects of Neurodevelopmental Treatment-Based Trunk Control Exercises on Gross Motor Function and Trunk Control in Children with Developmental Disabilities. Healthcare 2023, 11, 1446.

Question One:

Good trunk control is essential for higher developmental stages as the trunk is activated first when movement occurs, providing stability for the head and extremities.

- a. True
- b. False

Question Two:

Overall, NDT is the most popular intervention used in paediatric physiotherapy.

- a. True
- b. False

Question Three:

Children with DD and CP exhibit similar types of impairment.

- a. True
- b. False

Question Four:

NDT focuses on appropriate postural control and selective movement using the _____ concept.

- a. Brunnstrom
- b. MAES
- c. BDA
- d. Bobath

Question Five:

Trunk control exercises (TCE) can improve the following:

- a. Gross motor functions.
- b. Static and active balance.
- c. Trunk muscle strength.
- d. All of the above.

Question Six:

TCE uses various methods such as:

- a. Gross motor task training.
- b. Passive stretching techniques.
- c. Progressive resistance exercise.
- d. a. and c.

Question Seven:

In this study, pre- and post-assessments were performed using the following 2 assessment tools:

- a. PBS (Paediatric Balance Scale) and GMFM (Gross Motor Function Measure).
- b. SATCo (Segmental Assessment of Trunk Control) and PDMS-2 (Peabody Developmental Motor Scales-2).
- c. GMFM(Gross Motor Function Measure) and SATCo (Segmental Assessment of Trunk Control).
- d. GMPM (Gross Motor Performance Measure) and TUG (Timed Up and Go).

Question Eight:

SATCo is an evaluation tool used to assess segmental control of the trunk in children who cannot _____ or sit with an impaired posture/trunk.

- a. Stand independently.
- b. Transfer independently from sit to stand.
- c. Sit independently.
- d. Maintain 4-point kneeling independently.

Question Nine:

The exclusion criteria in this study were:

- a. Having undergone orthopaedic surgery in the last six months.
- b. Musculoskeletal deformities that can affect posture control.
- c. A diagnosis of CP GMFCS level I or independent walking.
- d. All of the above.

Question Ten:

Children with _____ have shown improved _____ scores and trunk control after dynamic weight-bearing exercise using the NDT principle.

- a. Hypotonicity; Timed Up and Go test
- b. Hypotonicity; GMFM
- c. Hypertonicity; Paediatric Balance Scale
- d. Ataxia; GMFM

Question Eleven:

In this study, it was found that _____ areas of SATCo improved after NDT-TCE.

- a. Some
- b. All
- c. Only specific
- d. None of the above

Question Twelve:

Ahmed M et al. used facilitation as one of the NDT methods to conduct core stability exercises focusing on dynamic activities of the trunk. Results were as follows:

- a. Activation of trunk agonists and antagonists improved sitting posture and body control in the NDT group.
- b. Improved GMFM score and alignment of posture.
- c. Improved TIS (Trunk Impairment Scale) scores.
- d. Improved PAS (Postural Assessment Scale) scores.

Question Thirteen:

Limitations of this study include:

- a. Funding.
- b. The intervention was short term and the examiner was not blinded.
- c. Biased views.

Question Fourteen:

This study conducted NDT-TCE intervention for _____ in children with DD who were unable to walk independently.

- a. 6 weeks
- b. 5 weeks
- c. 8 months

Question Fifteen:

What was the outcome/result of this study?

- a. The NDT-TCE group showed improvement in GMFM (except for the GMFM-E dimension) and SATCo scores.
- b. The NDT-TCE group showed improvement in GMFM (except for the GMFM-B dimension) and SATCo scores.
- c. The control group showed no improvement in GMFM and SATCo scores.