

Questions

1. The article reports cerebral palsy (CP) prevalence as affecting approximately:
 - a) 1 in 100 live births
 - b) 2–3 in 1,000 live births
 - c) 5–6 in 10,000 live births
 - d) 1 in 10,000 live births
 - e) 10 in 100 live births

2. Which category of CP is the most common?
 - a) Dyskinesia
 - b) Ataxia
 - c) Spasticity
 - d) Mixed type
 - e) Hypotonia

3. The Gross Motor Function Classification System (GMFCS) is used to:
 - a) Diagnose CP genetically
 - b) Classify motor severity and track progress after interventions
 - c) Identify MRI abnormalities
 - d) Differentiate between spastic and ataxic CP
 - e) Measure caregiver stress

4. Which of the following are prenatal risk factors for CP? (Select all that apply)
 - a) Oligohydramnios
 - b) Placental disease
 - c) Intrauterine growth restriction
 - d) Twin gestations
 - e) All of the above

5. Less than 10% of CP cases result from:
 - a) Hypoxia during labour
 - b) Preterm birth
 - c) Meconium aspiration
 - d) Infection in pregnancy
 - e) Malnutrition

6. Epilepsy can co-occur with CP in up to 90% of cases.
 - a) TRUE
 - b) FALSE

7. How many final articles were included in the review?
 - a) 21
 - b) 12
 - c) 9
 - d) 7
 - e) 6

8. Fosdahl et al. (2019) combined which two exercise approaches?

- a) Slackline and horse riding
- b) Stretching and PRE
- c) Sit-to-stand and online training
- d) Core stability and yoga
- e) Pilates and gait training

9. Elshafey et al. (2022) demonstrated that core stability exercises improved coordination and balance in children with cerebellar ataxic CP.

- a) TRUE
- b) FALSE

10. Which intervention used a three-wheeled running bike?

- a) Slackline training
- b) Race Running
- c) Sit-to-stand training
- d) Horse riding
- e) LIFT

11. Johnson et al. (2020) studied adherence to home programs using which tool?

- a) WebMD Coach
- b) Physitrack
- c) MyFitnessPal
- d) Wii Fit
- e) Zoom-based training

12. Which intervention was tested by Chaovalit et al. (2021)?

- a) Core stability
- b) Horse riding
- c) Sit-to-stand program
- d) Slackline
- e) Race Running

13. Which outcomes were used in Surana et al.'s LIFT trial? (Select all that apply)

- a) One-minute walk test (1MWT)
- b) 30-second chair rise test
- c) ABILOCO-Kids questionnaire
- d) Single-leg stance
- d) All of the above

14. Zaliene et al. (2018) studied horse riding. Which group showed significant improvement?

- a) Beginners
- b) Advanced riders
- c) Both groups equally
- d) Neither group

15. Most included studies showed improvements in symptoms like gait, balance, coordination, and endurance, but were limited by small sample sizes and short duration.

- a) TRUE
- b) FALSE