

Sports Clinical Specialist Practice Test Questions and Answers

1. What is the primary goal of sports physical therapy?

- A) To provide general fitness training
- B) To prevent, evaluate, and treat sports-related injuries and optimize athletic performance
- C) To manage chronic diseases in athletes
- D) To provide nutritional counseling

2. Which mechanism of injury is most common for ACL tears?

- A) Direct contact to the knee
- B) Non-contact deceleration with pivoting or cutting movements
- C) Overuse from repetitive running
- D) Hyperextension from jumping

3. What is the recommended initial treatment for acute ankle sprains (RICE protocol)?

- A) Rest, Ice, Compression, Elevation
- B) Run, Inject, Cool, Exercise
- C) Relax, Immobilize, Care, Evaluate
- D) Rehabilitation, Ice, Cycling, Elevation

4. Which test is most specific for diagnosing a meniscus tear in the knee?

- A) Lachman test
- B) McMurray test
- C) Anterior drawer test
- D) Valgus stress test

Answers: 1-B 2-B 3-A 4-B

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