

56. A PT is reviewing initial evaluation and a pediatric patient's history. She notes that the patient sustained a traction injury to the lower brachial plexus (Klumpke's or Klumpke-Dejerine paralysis) as an infant during childbirth. What nerve levels does this involve?

- C3 and C4
- C5 and C6
- C8 and T1
- C7 and C8

Mrs P is a 53 year old cleaner who complains of left shoulder pain and stiffness especially when putting her left hand behind the back. The pain started gradually over the last six months with noticeable limitation of movement and activity. Her sleeping is disturbed when lying on the affected arm. If Mr. P has gained extra degrees of ROM when bringing her hand behind her back after the mobilisation session, the following exercise could be recommended to maintain the new ROM:

- Standing with the back facing the edge of the bed, while holding the edge with both hands lower the body toward the floor.
- Standing with the abdomen facing the edge of the bed, while holding the edge with both hands lower the body toward the floor.
- Standing with the right side of the body facing the edge of the bed, while holding the edge of the bed with the right hand lower the body toward the floor.
- Standing with the right side of the body facing the edge of the bed, while holding the edge of the bed with the right hand lower the body toward the floor.

During pregnancy, the uterus expands to be abdominal part at:

- 8 weeks
- 10 weeks
- 12 weeks
- 15 weeks