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**National Athletic Trainers Association (NATA) and the
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Question: 1

An athletic trainer is planning a rehabilitation program for an athlete with chronic low back pain. Which of the following would be most appropriate in the initial stages of the program? Select all that apply.

- A. Romanian dead lift
- B. Dying bug
- C. Drawing-in maneuver
- D. Leg press
- E. Gluten bridging

Answer: B, C, E

Explanation:

While chronic low back pain may not have one single cause, individuals with chronic low back pain will typically benefit from exercises that promote learning to stabilize the trunk and spine, such as the dying bug, the drawing-in maneuver to co-contract the transverse abdominis and multifidus, and gluten bridging. Since the Romanian dead lift and leg press use weight as external resistance, they would not be appropriate in the initial stages of a low back pain program. The individual needs to learn core stabilization with only bodyweight movements first to retrain proper patterns.

Question: 2

An athletic trainer is assisting the head football coach in selecting footwear for all athletes on the football team. Which of the following considerations would apply? Select all that apply.

- A. Take multiple measurements when fitting athletes for shoes
- B. Fit athletes with shoes at the beginning of the day
- C. Measure both feet to obtain correct sizing
- D. Choose shoes with smooth soles to increase acceleration
- E. Use founder that will permit the insertion of orthotics

Answer: A, C

Explanation:

Shoes for athletes must fit properly, and about minimize injury risk and maximize performance. Fitting athletes for shoes should involve measuring from the heel to the metatarsophalangeal joint as well as distance from the heel to longest toe, with the longer of the two measurements used for shoe fitting. For the most customized fit, both feet should be measured, as they may differ in size. Shoes should be fitted at the end of the day, not at the beginning. Since football is a sport requiring change of direction, smooth shoes would put an athlete at risk of injury,

whereas cleared shoes would be preferable. Orthotics are only needed if an individual's feet have biomechanical issues, so footwear that can accommodate orthotics would not be needed for the entire team.

Question: 3

A 25-year-old man is training for his first marathon. He was diagnosed with type 1, insulin-dependent diabetes when he was 18 years old. He is done stretching and is getting ready start his run. He appears sweaty, shaky, and sluggish, but he brushes it off saying he didn't sleep well last night. Which of the following is the most appropriate initial response to this situation? Select all that apply.

- A. Accept his explanation and allow him to run.
- B. Suggest he take a dose of insulin before running due to high blood sugar.
- C. Ask additional questions about his most recent insulin dose and meal, due to low blood sugar.
- D. Prevent him from running until his blood glucose level has been checked and treated accordingly.
- E. Call 911.

Answer: C, D

Explanation:

Hypoglycemia (low blood sugar) is a common side effect of insulin because blood glucose stability is dependent on so many different factors. These factors include insulin dosage, timing and composition of meals, exercise level, and more. Signs of a hypoglycemic reaction include shaking, sweating, and hunger. Later signs can include confusion, fatigue, appearing intoxicated, and seizures that can lead to unconsciousness. Exercise has a direct effect on blood glucose levels as well. Hypoglycemia is commonly seen and can occur before, during, or after exercise. High levels of exercise can accelerate a low blood sugar reaction. It is important to monitor blood glucose levels prior to exercising to determine if a snack or meal is needed. An athletic trainer needs to be familiar with the signs of hypoglycemia, especially if working with individuals with a known history of any type of diabetes.

Question: 4

Which of the following is NOT a type of PNF stretching technique? Select all that apply.

- A. Contract-relax
- B. Hold-contract
- C. Slow-reversal-hold-relax
- D. Contract-flex-extend
- E. Hold-relax

Answer: B, D

Explanation:

There are various types of PNF (Proprioceptive neuromuscular facilitation) techniques, all of which involve contraction and relaxation of both agonist and antagonist muscles

using cycles of a 10-second active push phase and a 10-second passive relaxation phase. In contract-relax, the targeted muscle group is isotonically contracted during the active push phase. In slow-reversal-hold-relax, the agonist muscle is contracted while passive tension is applied to stretch the relaxed antagonist muscle. In hold-relax, the targeted muscle group is contracted isometrically against resistance during the active push phase. Hold-contrast and contract-flex-extend are not PNF stretching techniques.

Question: 5

In the initial treatment of an athlete with a suspected spinal cord injury, which of the following is NOT an appropriate step to take? Select all that apply.

- A. Ensure open airway and adequate breathing and circulation.
- B. Stabilize the neck with a soft cervical collar.
- C. Use a shovel stretcher if available.
- D. Ask the athlete to move the neck through normal range of motion.
- E. Stabilize the neck with a rigid collar.

Answer: B, D

Explanation:

In the case of a suspected spinal cord injury, it is imperative that the neck and spine be immobilized to prevent additional damage. The first step is to always ensure that the individual is breathing. The ABCs—airway, breathing and circulation—should be verified. The neck should be stabilized with a cervical collar of the rigid type, not a soft collar. The individual should not be moved if possible and when ready for transfer, a scoop type or shovel stretcher should be used. It is best to wait for first responders to assist with treatment but it is important to know how a possible spinal cord injury should be handled.

Question: 6

It is appropriate for the athletic trainer to use taping techniques in all of the following situations EXCEPT:

- A. A gymnast has foot pain from repetitive landing with flat arches
- B. A basketball player lands on another player's foot after a layup and sprains an ankle
- C. A track athlete sustains a puncture wound to the palm of their hand
- D. A cross-country athlete falls, resulting in a fractured toe
- E. A volleyball player sprains their thumb during a match

Answer: C

Explanation:

Taping techniques are commonly used to provide compression and support to injured areas or to reduce the risk of re-injury in recovering areas. Specific taping techniques can be used to provide arch support, to stabilize an ankle sprain, to provide support in specific fracture scenarios (such as a fractured toe), or to protect a sprained thumb. However, taping techniques should never

be used over an open wound, as would be the case with a puncture wound on the palm.

Question: 7

An athlete with a recently torn ACL and meniscus is receiving care from the athletic trainer. What can the athletic trainer do to minimize muscle atrophy as the athlete's injury heals? Select all that apply.

- A. Apply cold therapy at regular intervals
- B. Immobilize the athlete's leg in a neutral position
- C. Provide analgesics based on the athlete's level of pain
- D. Apply manual muscle testing to the quadriceps muscles
- E. Incorporate isometric muscle contractions into rehabilitation

Answer: B, E

Explanation:

Minimizing muscle atrophy (loss of muscle mass) can be done through immobilizing the muscle in a neutral or lengthened position (rather than a shortened position) and through isometric muscle contractions, where the muscle contracts but does not change length. Cold therapy and analgesics may be used as part of the athlete's post-injury care but would not directly affect muscle atrophy. An athletic trainer would use manual muscle testing to evaluate an acute injury, not as an atrophy reduction technique.

Question: 8

A tennis player experiences a moderate hamstring strain. A week later, he is ready to begin rehabilitation. Which of the following is the most appropriate suggestion for the first week in rehabilitation? Select all that apply.

- A. Rest, Ice, Compression, and Elevation (RICE) protocol
- B. Static stretches 5 times per day
- C. Running on the treadmill for 20 minutes at a time
- D. Ice to the hamstring muscle
- E. Light sports massage to the hamstring muscle

Answer: B, E

Explanation:

Initial treatment of a moderate hamstring strain might include resting and icing the injured area, along with analgesics such as acetaminophen (Tylenol), to relieve pain. After a week, however, the athlete should begin rehabilitation. Static stretches, like the hamstring stretch, are most appropriate. Strengthening the hamstring muscle should also commence and this can be accomplished using a resistance band. Range of motion exercises that gently begin to work the injured muscle—such as light jogging, stationary bike or water activities—can gradually begin. These activities should only last a few minutes with a goal of building endurance. Running or excessive use of the injured hamstring should wait until there is no pain with previous exercises.

After gentle exercise, ice should be reapplied.

Question: 9

During soccer practice, a player falls against the goal post and has a large laceration on his arm that is bleeding. Which of the following is the most appropriate immediate treatment of the injury?

- A. Either you or the injured player apply a clean bandage and press the wound while someone else retrieves the first-aid kit and gloves.
- B. Apply a tourniquet above the laceration.
- C. Have the goalie apply pressure to the wound using a clean cloth while retrieving a pair of gloves.
- D. Apply pressure on the femoral artery.
- E. Apply a splint to the arm to help control the bleeding.

Answer: A

Explanation:

At any sign of blood, universal precautions should be the first step in treatment. Universal precautions will help to stop the spread of blood-borne infection. If the player is conscious and able to apply pressure to the wound on his own, he should be given a sterile or clean bandage and begin to apply pressure while the athletic trainer puts on gloves. If he is not able to do this on his own and the athletic trainer is not able to put on gloves right away, the trainer must make sure to use enough bandages to prevent blood from saturating the bandage and to prevent direct contact with blood. A tourniquet is a last-ditch effort to stop bleeding and is not routinely indicated. Pressure on the femoral artery will not help stop the bleeding for an arm injury because the femoral artery is located in the groin area. A splint is required in the case of a broken bone to help immobilize the area as well as to help stop the bleeding.

Question: 10

An athlete who is trying to gain weight should consume how many additional calories per day?

- A. 250 calories
- B. 500 calories
- C. 750 calories
- D. 1000 calories
- E. 1500 calories

Answer: B

Explanation:

Many sports, such as football, basketball, and rugby, require or encourage athletes to gain weight in order to maximize performance. Weight gain must be done gradually. If accomplished too quickly, the resultant weight gain will be in the form of adipose tissue rather than lean body mass. Lean body mass consists of muscle tissue, bones, and connective tissue. An increase in body fat will negatively affect performance. In order for the body to gain weight, an additional 500 calories per

day must be consumed above what is expended. A rate of weight gain of approximately 1.5% per week is a good goal. This increase in caloric intake should be coupled with a weight-training program to help build lean body mass.

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