
1. The study investigated the effect of the chin-down posture on the ________ of swallowing events.
   A. swallowing
   B. onset
   C. sequence
   D. all of the above

2. The swallowing therapeutic technique “chin-down” is a …
   A. neck postural adjustment.
   B. novel swallowing manoeuvre.
   C. head postural adjustment.
   D. pathophysiology.

3. The swallowing events were measured by taking video-fluoroscopy of …
   A. thick solid swallows.
   B. thin solid swallows.
   C. thick liquid swallows.
   D. thin liquid swallows.
   E. all of the above

4. The main purpose of this study was to determine the effect of the chin-down posture on the sequence of swallowing events in …
   A. adults with dysphagia.
   B. healthy adults.
   C. adults with dysarthria.
   D. A and B

5. How many participants were selected for this study?
   A. 16
   B. 14
   C. 12
   D. 10

6. How many swallowing events were measured?
   A. 5
   B. 8
   C. 10
   D. 30
7. The amount of liquid barium used to form a bolus during the study was…
   A. 10ml
   B. 7ml
   C. 5ml
   D. 3ml

8. The authors conducted this study because previous research had not yet established that the chin-down posture…
   A. minimises the risk of aspiration.
   B. eliminates aspiration in patients with neurological impairment.
   C. increases the duration of Laryngeal Vestibular Closure (LVC).
   D. produces timing differences relative to other swallowing events.

9. Measuring timing differences in Laryngeal Vestibular Functioning during the chin-down posture relative to other swallowing events is important because it shows the __________ during swallowing.
   A. functional relevance of changes
   B. delayed onset of LVC
   C. longer LVC duration
   D. altered sequence of swallowing

10. Does the chin-down swallowing alter the sequence of swallowing events significantly according to the findings of this study?
    A. Yes
    B. No

11. Which aspects were compared to measure alteration in sequence of events in chin-down posture?
    A. Nonparametric studies to parametric studies
    B. LVC to LVO
    C. Phase 1 to Phase 2; Period N1 to Period P1
    D. Neutral and chin-down

12. Which measures had a medium effect size on the sequence of events on the results in chin-down posture?
    A. hyoid burst and LVC
    B. time of LVO and bolus tail exciting the pharynx
    C. time between LVC and LVO
    D. bolus head in pharynx and in UES

13. Compared with neutral swallows the chin-down swallow had the_____ LVO onset.
    A. later
    B. earlier
    C. same
    D. none of the above
14. The data of this study theorises that the reason for the earlier LVC onset during the chin-down swallow may occur because of the ______.
   A. high response to sensory input.
   B. protection of the airway.
   C. longer pathway between the pharynx and the UES.
   D. closer approximate positioning of the hyoid bone and the larynx.

15. What were taught to the participants to ensure that they performed the correct chin-down position? The participants had to ensure to …
   A. depress their chin with minimal forward neck movement
   B. move the neck forward and pull chin in
   C. flex the neck and move the head forward
   D. bend their heads down

16. Why might the findings of this study in chin down swallow benefit patients with impairments of the LVC? The study improves the understanding of the …
   A. underlying mechanisms of the chin down position
   B. difference between chin down and neutral swallow
   C. duration of the LVC in chin-down position
   D. all of the above

17. According to the pairwise comparisons of this study, is there a significant change between the sequence of swallowing events of the initial chin-down swallows and the last chin down swallows?
   A. Yes
   B. No

18. Are there immediate aftereffects on the swallowing sequence of events when returning to the neutral head position after the chin-down swallows?
   A. Yes
   B. No

19. Which factor cannot be regarded as a limitation of this study? The use of …
   A. younger participants.
   B. healthy participants.
   C. participants with dysphagia.
   D. a small group of participants.

20. The benefits of chin-down swallow generalised to later head-neutral swallows during this study.
   A. True
   B. False