

# **Flex Therapist CEUs**

## **Low Back Pain - Clinical Assessment and Treatment**

**1. Which special test is a method to determine the presence of sciatica?**

- A. Prone Instability Test**
  - B. FABER Test**
  - C. Kemp's Test**
  - D. SLR Test**
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**2. Which approach to low back pain treatment focuses on enhancing the control of the lumbar spine?**

- A. Manipulation**
  - B. Specific Exercise**
  - C. Stabilization**
  - D. Traction**
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**3. Which core assessment method examines the stability and strength of the deep core, including the transversus abdominis?**

- A. Core Stability Test**
  - B. Sarhmann Core Stability Test**
  - C. Bridge Test**
  - D. Plank Test**
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**4. At which point in the gait cycle does the knee reach its maximum flexion?**

- A. Heel Strike**
  - B. Mid Swing**
  - C. Toe Off**
  - D. Terminal Swing**
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**5. Which providers may be part of the healthcare team for a patient in chronic low back pain?**

- A. Psychologist**
- B. Psychiatrist**
- C. Orthopedist**

**D. All Of These**

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**6. Which condition is characterized by a deep, constant pain in the abdomen and back?**

- A. AAA**
  - B. Abdominal Cancer**
  - C. IBS**
  - D. Sciatica**
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**7. What medications have been prescribed to reduce neuropathic pain associated with low back pain?**

- A. Anticonvulsants**
  - B. Antidepressants**
  - C. Opioids**
  - D. NSAIDs**
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**8. Which ligaments run along the spine creating stability and limiting flexion?**

- A. Longitudinal Ligaments**
  - B. Ligamentum Flavum**
  - C. Interspinous Ligaments**
  - D. Supraspinous Ligaments**
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**9. Which test evaluates the hip and sacroiliac joint?**

- A. Lumbar Compression Test**
  - B. FABER Test**
  - C. Lumbar Flexion Test**
  - D. Prone Instability Test**
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**10. What is the purpose of the pelvic floor muscles?**

- A. Supporting Organs**
  - B. Controlling Bowel and Bladder Function**
  - C. Forming the Inferior Abdominal Wall**
  - D. All Of These**
- 

**11. Which of the following is not a recommended manual therapy technique to use for low back pain treatment?**

- A. Strain-Counterstrain**
- B. Manipulation**

**C. Muscle Energy Techniques**

**D. None of These**

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**12. Which outcome measure is commonly used to assess functional disability in individuals with low back pain?**

**A. NPRS**

**B. ODI**

**C. GROC**

**D. PSFS**

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**13. Which of the following is NOT a component of patient education for individuals with low back pain from physical therapists?**

**A. Ergonomics**

**B. Pain Education**

**C. Nutritional Counseling**

**D. Fear Avoidance**

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**14. What exercise variation is a safe and effective modification of a squat for an older adult with a fall risk?**

**A. Toe Touches**

**B. Bridges**

**C. Sit To Stands**

**D. Supine Leg Presses**

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**15. Which of the following is NOT considered a psychosocial risk factor for developing chronic low back pain?**

**A. Depression**

**B. Pain Catastrophizing**

**C. Fear Avoidance**

**D. Age over 65**

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**16. What is the primary goal of manual therapy techniques in the treatment of low back pain?**

**A. Pain Relief**

**B. Improvement of Joint and Soft Tissue Mobility**

**C. Muscle Strengthening**

**D. Improvement of Muscle Flexibility**

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**17. Which of the following is a characteristic feature of a lumbar disc herniation?**

- A. Localized Tenderness**
  - B. Radicular Pain**
  - C. Hypomobility in Spine**
  - D. Pain that Worsens with Prolonged Standing**
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**18. Which of these scenario necessitates a referral for imaging?**

- A. Disc Derangement**
  - B. Fracture**
  - C. Sciatica**
  - D. Degenerative Disc Disease**
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**19. What muscles does the bridge exercise target?**

- A. Gluteals**
  - B. Hamstrings and Spinal Extensors**
  - C. Quadriceps and Gastrocnemius**
  - D. None of These**
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**20. What is the primary goal of core stabilization exercises in the treatment of low back pain?**

- A. Increase Flexibility in the Lumbar Spine**
  - B. Reduce Inflammation**
  - C. Improve Core Muscle Strength and Control**
  - D. Eliminate the Need for Pain Medication**
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**21. What might an examination reveal in a patient with 10 years of low back pain with radiculopathy?**

- A. Loss of Sensation in the Lower Extremity**
  - B. No Peripheralization**
  - C. Grade 4 Patellar Reflexes**
  - D. A Negative SLR Test**
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**22. Which clinical picture may a physical therapist consider using traction?**

- A. Signs of Nerve Root Compression**
  - B. Radiating Pain Above Knee and Hypomobility**
  - C. Centralization**
  - D. Hypermobility and pain radiating to the knee**
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**23. What person is most susceptible to chronic low back pain?**

- A. 40 Year Old Female Triathlete**
  - B. 20 Year Old College Student**
  - C. 30 Year Old African American Woman**
  - D. 50 Year Old Woman with Depression**
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**24. Which movement direction is typically avoided in individuals with a diagnosis of lumbar spinal stenosis?**

- A. Flexion**
  - B. Extension**
  - C. Lateral Flexion**
  - D. Rotation**
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**25. Which ethnic group experiences the lowest rates of low back pain?**

- A. Caucasian**
  - B. African American**
  - C. Asian**
  - D. Hispanic**
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**26. Which of the following interventions is commonly used for central sensitization in individuals with low back pain?**

- A. Spinal Manipulation**
  - B. Repeated Movement Exercises**
  - C. Cognitive Behavioral Therapy**
  - D. Lower Extremity Strengthening**
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**27. Which are scales that help to determine the psychosocial impact on low back pain treatment?**

- A. FABQ**
  - B. PHQ-9**
  - C. PCS**
  - D. All Of These**
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**28. What does the term "peripheralization" refer to in the context of low back pain?**

- A. Pain that Worsens with Movement away from the Center of the Body**
- B. Pain that Radiates down the Leg from the Back**
- C. Pain that Centralizes with Specific Movements or Exercises**

**D. Pain that improves with rest and medication**

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**29. Which of the following is NOT a common red flag symptom in the evaluation of low back pain?**

- A. Recent onset of Back Pain after Lifting**
  - B. Unexplained Weight Loss**
  - C. History of Cancer**
  - D. Progressive Neurologic Deficits**
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**30. What is the best initial treatment approach for a patient who was injured 10 days ago, has no symptoms below the knee, and has no red flag conditions?**

- A. Traction**
  - B. Manipulation**
  - C. Stabilization**
  - D. Specific Exercise**
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