

Flex Therapist CEUs

Patellofemoral Pain Syndrome and Role of PT

1. According to the physiotherapists, most NHS patients get knee pain because of overuse.

- A. True
 - B. False
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2. Which of the following muscle characteristics increase with functional exercises?

- A. Strength
 - B. Flexibility
 - C. Both (A) and (B)
 - D. None of the above
-

3. According to NWW physiotherapists, _____ patients with PFPS do not comply with the prescribed exercises.

- A. Athletic
 - B. Non-athletic
 - C. Both (A) and (B)
 - D. None of the above
-

4. Which category of education do participants believe physiotherapy performs by supporting patients with PFPS and listening to their problems?

- A. Psychological effect
 - B. Knowledge and reassurance
 - C. Self-managing
 - D. All of the above
-

5. Which of the following seemed to help patients decrease their pain level?

- A. Explanation about the cause of the painful knee.
 - B. Explanation about what the patient can do about the painful knee.
 - C. Reassurance that their painful knee is not a major problem and that surgery is not required.
 - D. All of the above.
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6. Which of the following is an important outcome of patient education, making it easier for patients to deal with their condition so that it causes them less distress and disability?

- A. Psychological effect**
 - B. Knowledge and reassurance**
 - C. Self-managing**
 - D. All of the above**
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7. Apart from the three education categories, patients' education should also include the important of specific exercises in PFPS treatment.

- A. True**
 - B. False**
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8. PFPS physiotherapy treatment works through:

- A. Lower limb strength and flexibility improvement.**
 - B. Improving quality of movement and restoration of function.**
 - C. Both (A) and (B).**
 - D. None of the above.**
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