

# Flex Therapist CEUs

## Breast Cancer Lymphedema: Effects of Low Level Laser Therapy

**1. How does BCRL have a significant impact on breast cancer survivors?**

- A. Declined physical function
  - B. Increased disability
  - C. Significantly raises rate of mortality
  - D. BCRL impacts breast cancer survivors through declined physical function and increased disability, which negatively affects quality of life
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**2. LLLT is a non-invasive form of phototherapy that utilizes wavelengths of light between \_\_\_\_\_ to deliver low irradiance and doses to the target tissue.**

- A. 380 and 650 nm
  - B. 650 and 1000 nm
  - C. 1000 and 1250 nm
  - D. 1250 and 1600 nm
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**3. Low level laser therapy has been reported to be a safe technique.**

- A. True
  - B. False
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**4. The effects of LLLT are the result of primary reactions involving absorption of specific wavelengths of light by components of:**

- A. The mitochondrial respiratory chain
  - B. Glycolysis
  - C. The Citric Acid Cycle / Krebs Cycle
  - D. Niacin and riboflavin containing molecules
- 

**5. The primary reactions involving absorption of specific wavelengths of light stimulate a cascade of secondary reactions at the cellular level involving intracellular signaling and leading to:**

- A. Nitric oxide production
  - B. Down-regulation of ATP
  - C. Decreased metabolism
  - D. Decreased reactive oxygen species
-

**6. Based upon the best evidence synthesis, the current review provides STRONG evidence favoring LLLT over sham in terms of \_\_\_\_\_ at short-term follow-up.**

- A. Increasing shoulder mobility
  - B. Increasing hand grip strength
  - C. Reduction in limb edema
  - D. Reduction in pain
- 

**7. Based upon the best evidence synthesis, the current review provides MODERATE evidence favoring LLLT over sham for short-term:**

- A. Shoulder mobility
  - B. Hand grip strength
  - C. Reduction in limb edema
  - D. Pain relief
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**8. The current review provides limited evidence favoring LLLT over no treatment for decreasing limb swelling at a short-term follow-up.**

- A. True
  - B. False
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**9. This review found conflicting evidence regarding the effectiveness of LLLT on limb circumference and pain intensity over which conventional treatment?**

- A. Manual lymphatic drainage
  - B. Pneumatic compression therapy
  - C. Compression bandage
  - D. This review found conflicting evidence regarding the effectiveness of LLLT on limb circumference and pain intensity over manual lymphatic drainage, pneumatic compression therapy, and compression bandage
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**10. A separate systematic review evaluating a series of conservative therapies has demonstrated that LLLT yielded a similar percentage of volume reductions to:**

- A. Manual lymphatic drainage
  - B. Remedial exercises
  - C. Compression garment or bandage
  - D. All of the above
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**11. Wavelengths above 905 nm have been most commonly employed to date.**

- A. True
  - B. False
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**12. A minimum of 8 weeks of LLLT is required to provide noticeable benefits.**

- A. True
  - B. False
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