

# Flex Therapist CEUs

## Chronic Fatigue Syndrome and Yoga

**Isometric yoga improves the fatigue and pain of patients with chronic fatigue syndrome who are resistant to conventional therapy: a randomized, controlled trial**

1. The results of this study indicate that isometric yoga can significantly:

- A. Improve fatigue
  - B. Enhance vigor
  - C. Reduce pain
  - D. All of the above
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2. The isometric yoga intervention did all of the following, except:

- A. It reduced Chalder's FS scores.
  - B. It improved the mental component summary subscore of the SF-8.
  - C. It improved the BP and GH subscores of the SF-8.
  - D. It improved the PCS subscore of the SF-8.
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3. Yoga has been reported to reduce serum levels of cortisol and proinflammatory cytokines such as interleukin-1.

- A. True
  - B. False
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4. Yoga increases heart rate variability and shifts the autonomic nervous system from a state predominated by sympathetic activity to one predominated by parasympathetic activity.

- A. True
  - B. False
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**Development of a recumbent isometric yoga program for patients with severe chronic fatigue syndrome / myalgic encephalomyelitis: A pilot study to assess feasibility and efficacy**

**5. The present study's findings suggest that recumbent isometric yoga can reduce fatigue in patients with severe CFS/ME who are accustomed to the yoga procedures after how many sessions?**

- A. A single session**
  - B. At least 2 sessions**
  - C. Three sessions**
  - D. Four or more sessions**
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**6. This study suggests the possibility that regular practice of recumbent isometric yoga has a long-term fatigue-relieving effect.**

- A. True**
  - B. False**
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**7. Recumbent isometric yoga modulates which of the following abnormalities?**

- A. Hypofunction of the hypothalamic-pituitary-adrenocortical axis.**
  - B. Increased proinflammatory cytokines.**
  - C. Increased inflammatory parameters.**
  - D. It is unknown if recumbent isometric yoga modulates any of the above.**
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