

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

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.

3. Yoga has been reported to reduce serum levels of cortisol and proinflammatory cytokines.

- A. False
- B. True

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

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

6. This study suggests the possibility that regular practice of recumbent isometric yoga has a long-term fatigue-relieving effect.

- A. True
- B. False

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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