

Flex Therapist CEUs

Integrating Yoga and Physical Therapy

1. What benefit may a patient with fall risk with a history of CVA gain from integrated yoga and physical therapy practice?

- A. Pain Control
- B. Improved Balance
- C. Use of an Assistive Device
- D. Increased risk of falling due to yoga-induced dizziness and physical therapy exercises causing muscle spasms.

2. Which is not a benefit of integrating yoga practice into physical therapy?

- A. Alleviates Pain
- B. Improves Mobility
- C. Strengthening
- D. Increases Stress Level

3. Which of the following benefits of yoga would a patient with Parkinson's Disease benefit from?

- A. Slow the progression of axial proximal stiffness
- B. Improved Emotional Regulation
- C. Decreased Heart Rate Variability
- D. Increased SNS Response

4. Which of the following could be a direct benefit of yoga in physical therapy for a patient with chronic knee pain?

- A. Inflammation Control
- B. Guaranteed elimination of Pain
- C. Decreased Heart Rate Variability
- D. Increased SNS Response

5. Which of the following yoga-based exercises allows a gentle hip stretch and aims to improve spinal mobility?

- A. Cat-Cow
- B. Downward Dog
- C. Cobra Pose
- D. Child's Pose

6. Which certification is most recognized among yoga therapists?

- A. C-IAYT
- B. Yoga Therapist Certification
- C. Academy of Yoga Certification
- D. Yoga and Mindfulness Certification

7. Which of the following is not a mental health benefit of yoga and mindfulness practice?

- A. Increasing Gray Matter Density
- B. Increased Serotonin Levels
- C. Decreased Dopamine Levels
- D. Increased Emotional Regulation

8. There has been moderate evidence that yoga reduces fall risk in all these populations except which?

- A. CVA
- B. Dementia
- C. Multiple Sclerosis
- D. Parkinson's Disease

9. What CPT code should a physical therapist use for yoga exercises with the goal is to improve movement, balance, coordination, and kinesthetic sense?

- A. 97110, Therapeutic Exercise
- B. 97112, Neuromuscular Re-Education
- C. 97530, Therapeutic Activity
- D. 97150, Group Therapeutic Procedures

10. Which style of yoga is also known as flow yoga and synchronizes breath with movement?

- A. Hatha Yoga
- B. Vinyasa Yoga
- C. Ashtanga Yoga
- D. Iyengar Yoga
