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.

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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

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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

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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

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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

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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

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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

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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

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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

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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

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