

Flex Therapist CEUs

Low Back Pain - Clinical Assessment and Treatment

1. Which special test is a method to determine the presence of sciatica?

- A. Prone Instability Test
 - B. FABER Test
 - C. Kemp's Test
 - D. SLR Test
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2. Which approach to low back pain treatment focuses on enhancing the control of the lumbar spine?

- A. Manipulation
 - B. Specific Exercise
 - C. Stabilization
 - D. Traction
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3. Which core assessment method examines the stability and strength of the deep core, including the transversus abdominis?

- A. Core Stability Test
 - B. Sarhmann Core Stability Test
 - C. Bridge Test
 - D. Plank Test
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4. At which point in the gait cycle does the knee reach its maximum flexion?

- A. Heel Strike
 - B. Mid Swing
 - C. Toe Off
 - D. Terminal Swing
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5. Which providers may be part of the healthcare team for a patient in chronic low back pain?

- A. Psychologist
- B. Psychiatrist
- C. Orthopedist

D. All Of These

6. Which condition is characterized by a deep, constant pain in the abdomen and back?

- A. AAA**
 - B. Abdominal Cancer**
 - C. IBS**
 - D. Sciatica**
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7. What medications have been prescribed to reduce neuropathic pain associated with low back pain?

- A. Anticonvulsants**
 - B. Antidepressants**
 - C. Opioids**
 - D. NSAIDs**
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8. Which ligaments run along the spine creating stability and limiting flexion?

- A. Longitudinal Ligaments**
 - B. Ligamentum Flavum**
 - C. Interspinous Ligaments**
 - D. Supraspinous Ligaments**
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9. Which test evaluates the hip and sacroiliac joint?

- A. Lumbar Compression Test**
 - B. FABER Test**
 - C. Lumbar Flexion Test**
 - D. Prone Instability Test**
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10. What is the purpose of the pelvic floor muscles?

- A. Supporting Organs**
 - B. Controlling Bowel and Bladder Function**
 - C. Forming the Inferior Abdominal Wall**
 - D. All Of These**
-

11. Which of the following is not a recommended manual therapy technique to use for low back pain treatment?

- A. Strain-Counterstrain**
- B. Manipulation**

C. Muscle Energy Techniques

D. None of These

12. Which outcome measure is commonly used to assess functional disability in individuals with low back pain?

A. NPRS

B. ODI

C. GROG

D. PSFS

13. Which of the following is NOT a component of patient education for individuals with low back pain from physical therapists?

A. Ergonomics

B. Pain Education

C. Nutritional Counseling

D. Fear Avoidance

14. What exercise variation is a safe and effective modification of a squat for an older adult with a fall risk?

A. Toe Touches

B. Bridges

C. Sit To Stands

D. Supine Leg Presses

15. Which of the following is NOT considered a psychosocial risk factor for developing chronic low back pain?

A. Depression

B. Pain Catastrophizing

C. Fear Avoidance

D. Age over 65

16. What is the primary goal of manual therapy techniques in the treatment of low back pain?

A. Pain Relief

B. Improvement of Joint and Soft Tissue Mobility

C. Muscle Strengthening

D. Improvement of Muscle Flexibility

17. Which of the following is a characteristic feature of a lumbar disc herniation?

- A. Localized Tenderness**
 - B. Radicular Pain**
 - C. Hypomobility in Spine**
 - D. Pain that Worsens with Prolonged Standing**
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18. Which of these scenarios necessitates a referral for imaging?

- A. Disc Derangement**
 - B. Fracture**
 - C. Sciatica**
 - D. Degenerative Disc Disease**
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19. What muscles does the bridge exercise target?

- A. Gluteals**
 - B. Hamstrings and Spinal Extensors**
 - C. Quadriceps and Gastrocnemius**
 - D. None of These**
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20. What is the primary goal of core stabilization exercises in the treatment of low back pain?

- A. Increase Flexibility in the Lumbar Spine**
 - B. Reduce Inflammation**
 - C. Improve Core Muscle Strength and Control**
 - D. Eliminate the Need for Pain Medication**
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21. What might an examination reveal in a patient with 10 years of low back pain with radiculopathy?

- A. Loss of Sensation in the Lower Extremity**
 - B. No Peripheralization**
 - C. Grade 4 Patellar Reflexes**
 - D. A Negative SLR Test**
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22. Which clinical picture may a physical therapist consider using traction?

- A. Signs of Nerve Root Compression**
 - B. Radiating Pain Above Knee and Hypomobility**
 - C. Centralization**
 - D. Hypermobility and pain radiating to the knee**
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23. What person is most susceptible to chronic low back pain?

- A. 40 Year Old Female Triathlete**
 - B. 20 Year Old College Student**
 - C. 30 Year Old African American Woman**
 - D. 50 Year Old Woman with Depression**
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24. Which movement direction is typically avoided in individuals with a diagnosis of lumbar spinal stenosis?

- A. Flexion**
 - B. Extension**
 - C. Lateral Flexion**
 - D. Rotation**
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25. Which ethnic group experiences the lowest rates of low back pain?

- A. Caucasian**
 - B. African American**
 - C. Asian**
 - D. Hispanic**
-

26. Which of the following interventions is commonly used for central sensitization in individuals with low back pain?

- A. Spinal Manipulation**
 - B. Repeated Movement Exercises**
 - C. Cognitive Behavioral Therapy**
 - D. Lower Extremity Strengthening**
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27. Which are scales that help to determine the psychosocial impact on low back pain treatment?

- A. FABQ**
 - B. PHQ-9**
 - C. PCS**
 - D. All Of These**
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28. What does the term "peripheralization" refer to in the context of low back pain?

- A. Pain that Worsens with Movement away from the Center of the Body**
- B. Pain that Radiates down the Leg from the Back**
- C. Pain that Centralizes with Specific Movements or Exercises**

D. Pain that improves with rest and medication

29. Which of the following is NOT a common red flag symptom in the evaluation of low back pain?

- A. Recent onset of Back Pain after Lifting**
 - B. Unexplained Weight Loss**
 - C. History of Cancer**
 - D. Progressive Neurologic Deficits**
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30. What is the best initial treatment approach for a patient who was injured 10 days ago, has no symptoms below the knee, and has no red flag conditions?

- A. Traction**
 - B. Manipulation**
 - C. Stabilization**
 - D. Specific Exercise**
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