

# 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. Straight Leg Test

---

**2. Which approach to low back pain treatment focuses on using stability exercises and works on improving control of lumbar movements during functional activities?**

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

---

**3. Which assessment evaluates deep core stability, including the transversus abdominis, by drawing the navel toward the spine during a posterior pelvic tilt?**

- A. Range of Motion Test
- B. Sahrmann Core Stability Test
- C. Cat-Cow Test
- D. Plank Test

---

**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

---

**5. Which providers may be part of the healthcare team's multidisciplinary approach for a patient with chronic low back pain?**

- A. Psychologist
- B. Psychiatrist
- C. Pain specialists
- D. All Of These

---

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

- A. Abdominal Aortic Aneurysm (AAA)
- B. Abdominal Cancer
- C. Irritable Bowel Syndrome (IBS)
- D. Sciatica

---

**7. What medications have been prescribed to reduce neuropathic pain associated with low back pain?**

- A. Muscle Relaxants
- B. Antidepressants
- C. Opioids
- D. NSAIDs

---

**8. Which ligaments run along the anterior and posterior aspects of the vertebral bodies, providing stability and limiting excessive movement?**

- A. Longitudinal Ligaments
- B. Ligamentum Flavum
- C. Interspinous Ligaments
- D. Supraspinous Ligaments

---

**9. Which test evaluates the hip and sacroiliac joint?**

- A. Lumbar Compression Test
- B. Patrick's (FABER) Test
- C. Lumbar Flexion Test
- D. Prone Instability Test

---

**10. What is the purpose of the pelvic floor muscles?**

- A. Supporting pelvic organs
- B. Supporting the bladder, uterus, and rectum
- C. Contribute to urinary and fecal continence
- D. All Of These

---

**11. Which grade of joint mobilization involves a small-amplitude, oscillatory movement at the beginning of treatment with minimal force applied?**

- A. Grade III
- B. Grade II
- C. High-Velocity Thrust
- D. Grade I

---

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

- A. NPRS
- B. ODI
- C. GROC
- 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?**

- 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. Anxiety
- C. Emotional distress
- D. Age over 65

---

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

- A. Reduce muscle spasms
- B. Improvement of Joint and Soft Tissue Mobility
- C. Muscle Strengthening
- D. Improvement of Muscle Flexibility

---

**17. Which of the following is a symptom of a herniated disc?**

- A. Localized Tenderness
- B. Radicular Pain
- C. Hypomobility in Spine
- D. Pain that Worsens with Prolonged Standing

---

**18. Which of these scenario necessitates a referral for imaging?**

- A. Disc Derangement
- B. Fracture
- C. Sciatica
- D. Degenerative Disc Disease

---

**19. What muscles does the bridge exercise target?**

- A. Gluteals and core
- B. Hamstrings and Spinal Extensors
- C. Quadriceps and Gastrocnemius
- D. None of These

---

**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. Improving control of lumbar movements
- D. Eliminate the Need for Pain Medication

---

**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

---

**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

---

**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

---

**24. Which of the following findings is most indicative of lumbar spinal stenosis?**

- A. Pain that improves with prolonged standing and walking
- B. Pain, numbness, or weakness in the lower extremities worsened with walking or standing and relieved by sitting or forward flexion
- C. Sharp upper back pain with deep breathing
- D. Pain in the lower extremities only at night with no relief from position changes

---

**25. Which ethnic group experiences the lowest rates of low back pain?**

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

---

**26. Once a patient's symptoms are centralized in one direction, how should the therapist progress exercises?**

- A. Continue only in the original directional preference, ignoring other movements
- B. Gradually introduce all movement directions (flexion, extension, side glides, lateral flexion) as long as there is no peripheralization
- C. Switch immediately to high-intensity strengthening exercises
- D. Avoid functional positions to prevent symptom flare

---

**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

---

**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

---

**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

---

Copyright © 2026 Flex Therapist CEUs

Visit us at <https://www.flextherapistceus.com>