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

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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

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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

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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's multidisciplinary approach for a patient with chronic low back pain?

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

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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

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

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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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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

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18. Which of these scenario 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 and core
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. Improving control of lumbar movements
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 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

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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

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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

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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

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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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