

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
-

2. Which approach to low back pain treatment focuses on enhancing the stability and control of the lumbar spine and pelvis?

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

3. Which core assessment method examines the stability and strength of the deep core, including the transversus abdominis?

- A. Range of Motion Test
 - B. Sahrman 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 for a patient in 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. AAA
 - B. Abdominal Cancer
 - C. 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 spine, creating 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 Organs
 - B. Controlling Bowel and Bladder Function
 - C. Contribute to urinary and fecal continence
 - 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
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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. 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. 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 characteristic feature of a lumbar disc herniation?

- 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
 - 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. Improve Core Muscle Strength and Control
 - 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 movement direction is typically avoided in individuals with a diagnosis of lumbar spinal stenosis?

- A. Flexion
 - B. Extension
 - C. Lateral Flexion
 - D. Rotation
-

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
-

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
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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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