

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. Sahrman 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
-

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
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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
-

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. 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
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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
-

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
-

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
-

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
-

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
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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
-

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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