A Brief Review of Physical and Psychosocial Factors Involved in Chronic Low Back Pain

1. All of the following describe acute LBP, except for:
   A. Increased muscle tonus and stiffness.
   B. Discomfort localized below the costal margin and above the inferior gluteal folds.
   C. Sometimes accompanied by radiating pain.
   D. Lasting up to 12 weeks.

2. While performing manual lifts, workers spent 25% of their time flexed beyond:
   A. 20 degrees
   B. 30 degrees
   C. 40 degrees
   D. 50 degrees

3. While performing a unilateral stance for two hours, subjects experienced an increase in which of the following?
   A. Center of pressure excursion.
   B. Vertebral joint rotation stiffness in lateral bending.
   C. Both center of pressure excursion and vertebral joint rotation stiffness in lateral bending.
   D. Neither center of pressure excursion nor vertebral joint rotation stiffness in lateral bending.

4. A reduction in perceived low back pain when using sloped platforms is likely the result of changes in the morphology of the trunk musculature.
   A. True
   B. False

5. A downhill slope led to decreased torso lean.
   A. True
6. Lower back activity was not affected by the sloped platform.

A. True  
B. False

7. Spinal manipulative therapy was found to be more effective in treating acute low back pain compared to:

A. No intervention.  
B. Sham spinal manipulative therapy.  
C. When combined with another treatment modality.  
D. Spinal manipulative therapy was found to be no more effective in treating acute low back pain compared to no intervention, sham SMT, or when combined with another treatment modality.

8. Which of the following was associated with a 37% faster suspension of time-loss benefits / return to work?

A. Problem solving therapy  
B. A decrease in low back pain  
C. A positive patient recovery expectation  
D. Compliance with treatment protocol

9. Recovery expectations measured within _____ of the onset of low back pain are a strong predictor if the pain will become chronic.

A. 1 week  
B. 2 weeks  
C. 3 weeks  
D. 4 weeks

10. Which of the following was identified as a strong predictive factor of LBP chronicity?

A. Pain  
B. Pain intensity  
C. Fear  
D. Beliefs

11. Previous studies have found that with patients experiencing over 10 years of chronic LBP, after _____ of being presented with educational material, 51.6% of the
chronic LBP sufferers reported noticeable improvements in their pain and related symptoms.

A. 1 week  
B. 1 month  
C. 1 year  
D. Being presented with educational materials had no impact on pain or related symptoms

12. The normal clinical practice guidelines encourage physical activity and continued normal daily activity if there is an absence of pain. Should pain be present, the guidelines recommend bed rest and passive treatments.

A. True  
B. False

Facilitators and barriers to physical activity in people with chronic low back pain: A qualitative study

13. Physical activity’s effectiveness in the care management of people with CLBP depends on a person’s adherence to the home exercise program and sustainable efforts in the long term, as well as resuming additional physical activities.

A. True  
B. False

14. Which of the following is the main socioenvironmental barrier to physical activity in people with CLBP?

A. Pain  
B. Kinesiophobia  
C. Lack of motivation  
D. Having physically-demanding work

15. All of the following are the main facilitators to physical activity practice, except for:

A. The will to practice physical activity  
B. The absence of pain  
C. Supervision by a healthcare professional  
D. All of the above are main facilitators to physical activity practice
16. The main effect of exercise therapy is to:

A. Bring functional improvements with decreased disability and incapacity
B. Alleviate pain
C. Both alleviate pain and bring functional improvements with decreased disability and incapacity
D. Neither alleviate pain nor bring functional improvements with decreased disability and incapacity

17. It was previously reported that _____ was the main criteria influencing staying active in spite of chronic musculoskeletal pain.

A. The benefit of physical activity
B. The possibility of resuming a social life thanks to physical activity
C. Both the benefit of physical activity and the possibility of resuming a social life thanks to physical activity
D. Although the benefit of physical activity and the possibility of resuming a social life thanks to physical activity both influenced staying active, decreasing pain intensity was the main criteria for staying active

18. Physical barriers and facilitators appear to be minor compared to psychological barriers and false beliefs.

A. True
B. False

19. Some studies show, for acute low back pain, that adherence to physical activity is better when the verbal description of the exercises is associated with written guidelines.

A. True
B. False

20. Involving family members in the care management of people with CLBP could alleviate certain barriers, especially:

A. Pain
B. Kinesiophobia
C. Lack of motivation
D. Having physically-demanding work
21. Family support was found to be more important than the influence of social interactions in regards to physical activity adherence in people with chronic pain.

A. True
B. False

22. Attitudes and beliefs of people with CLBP were closely related to the attitude and beliefs of their:

A. Consulting physician
B. Family members
C. Social interactions
D. Preconceived beliefs

23. It has been previously noted that there is improved exercise compliance with all of the following, except:

A. When the program is supervised.
B. When the program is tailored to individual needs.
C. When patients are taught self-management techniques.
D. When family members are involved in the care management.

24. Increasing prevalence of LBP, with a peak in the _____ decade, has been reported.

A. Seventh
B. Sixth
C. Fifth
D. Fourth

25. LBP is usually defined as pain localized below the margin of the last ribs and above the:

A. Posterior gluteal line
B. Anterior gluteal line
C. Inferior gluteal line
D. Lesser sciatic notch

26. Non-specific LBP is characterized by the absence of structural anatomical changes
and seems to affect more than 85% of individuals.
A. True
B. False

27. Previous studies have identified all of the following as risk factors for LBP, except for:
A. Age
B. Male gender
C. Educational status
D. Sleep deprivation

28. Which of the following are at increased risk for the development of chronic LBP?
A. Those practicing strenuous physical activities.
B. Those with a sedentary lifestyle.
C. Those practicing strenuous physical activities and those with a sedentary lifestyle are both at increased risk for the development of chronic LBP.
D. Chronic LBP is dependent on a genetic predisposition.

29. The most recent evidence suggests that exercise alone or in combination with education is effective in the prevention of LBP.
A. True
B. False

30. When examining the differences between women with and without LBP, _____ should be considered among the risk factors of LBP.
A. Smoking
B. Alcohol consumption
C. Being underweight
D. Having a vitamin D deficiency