Flex Therapist CEUs

Low Back Pain: The Effect of Changing Movement and Posture Using Motion Sensor Biofeedback

1. The majority of LBP seen in primary care is due to:

A. Serious pathology
B. Nerve root irritation
C. Non-specific cause
D. All of the above are approximately equal in diagnosis

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2. Advice to stay active and exercise therapy are common key recommendations in LBP treatment guidelines due to their positive effects coming from adaptive movement countering the potential for dysfunctional patterns to become habituated.

A. True
B. False

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3. Spending _____ of the working day in >60% of lumbar spine flexion is a risk factor for incident LBP.

A. >5%
B. >10%
C. >20%
D. >50%

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4. Patients in the Movement Biofeedback Group did not show significant improvements in the primary outcome measures of activity limitations and pain intensity, compared with those in the Guidelines-based Care Group.

A. True
B. False

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5. The probability of the Movement Biofeedback Group patients improving by a clinically important amount at 3 months was _____ times more likely than the Guidelines based Care Group patients.

A. 0.5 to 1.5
B. 1.4 to 2.6
C. 1.9 to 3.1
D. 2.4 to 3.3

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6. The probability of the Movement Biofeedback Group patients improving by a clinically important amount at 12 months was _____ times more likely than the Guidelines based Care Group patients.

A. 1.4 to 2.6
B. 1.9 to 3.1
C. 2.4 to 3.3
D. 2.8 to 4.2

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7. The results of this study suggest that where a relationship between movement and pain can be identified, movement retraining using biofeedback is capable of resulting in sustained improvements in pain and activity limitations, even after treatment finishes.

A. True
B. False

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8. Theoretically, motion-sensor technology may provide which of the following?

A. Greater precision of assessment.
B. More specificity in movement re-education.
C. Enhanced de-habituation of dysfunctional movement via biofeedback in daily functional activities.
D. All of the above.

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9. Which of the following aspects mediates the treatment effect resulting from wearing the motion sensors?

A. Cognitive awareness
B. Motivational awareness
C. Movement awareness
D. It is unknown

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10. Generic 'one size fits all' approaches poorly target any movement aberrations that may be present at an individual patient level, whereas highly individualized exercise programs that aim to alter lumbo-pelvic kinematics or postural patterns, such as those based on the Alexander Technique, the Feldenkrais Method, and Pilates, have shown strong and consistent effects.

A. True
B. False

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11. There is evidence that practice with feedback distributed across time is more effective for learning than concentrated feedback at one time point.

A. True

B. False

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12. During this study, retraining movement patterns/posture using movement biofeedback increased participants' fear of movement.

A. True
B. False
