

Flex Therapist CEUs

Lumbopelvic Rhythm with Trunk Motion

1. All of the following are anatomical landmarks used to measure pelvic motion, except for:

- A. Ischial tuberosities
 - B. L5
 - C. S1 and S2
 - D. The anterior and posterior superior iliac spine
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2. Lumbopelvic rhythm refers to the relative pattern of the lumbar and pelvic contributions to trunk motion in all planes of motion including the sagittal, coronal and transverse planes.

- A. True
 - B. False
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3. The steep slope of a curve representing the pelvic motion as compared to an almost horizontal curve representing lumbar extension at the start of “up lift,” suggests a trunk motion primarily started by:

- A. Thoracic motion
 - B. Lumbar motion
 - C. Sacral motion
 - D. Pelvic motion
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4. The difference between the phase angles of lumbar and pelvic motion at each time instant is obtained from their phase planes.

- A. True
 - B. False
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5. A relative phase of _____ degrees represents a perfectly synchronous contribution from the lumbar spine and pelvis.

- A. 0
 - B. 45
 - C. 90
 - D. 180
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6. Findings from this study indicate that the lumbar and pelvic motions are more in-phase without the load compared to with the load.

- A. True
 - B. False
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7. On curves representing the absolute lumbar or pelvic motion compared to absolute or normalized trunk motion, for any given instant of motion, if the lumbar curve is above the pelvic curve it means that up to that point in time the total contribution of lumbar to trunk motion has been larger than the pelvis.

- A. True
 - B. False
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8. Studies of lumbopelvic rhythm in healthy participants showed that the curve of pelvic motion is higher than the curve of lumbar motion in the:

- A. Early stage of the trunk forward bending
 - B. Middle stage of the trunk forward bending
 - C. Late stage of the trunk forward bending
 - D. The curve of pelvic motion is higher than the curve of lumbar motion for all stages of trunk forward bending
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9. The ratio of the lumbar to pelvic range of motion represents the relative lumbar and pelvic contribution to trunk motion only at the end range of trunk motion.

- A. True
 - B. False
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10. Under which circumstance was the pelvic motion ahead of the lumbar motion when assessing using the time event of the motion onset, peak velocity, and termination of motion?

- A. The trunk forward bending
 - B. The backward return
 - C. The pelvic motion is always ahead of the lumbar motion
 - D. The pelvic motion is never ahead of the lumbar motion
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11. When the lumbar and pelvic motions at each percent of the total trunk motion in the trunk forward bending and backward return were plotted, the total contribution of lumbar to trunk motion was larger than pelvic contribution for all motions, except:

- A. 0 to 50 degrees
- B. 50 to 100 degrees
- C. 100 to 150 degrees

D. 150 to 200 degrees

12. All quantitative approaches used to assess the timing aspect of LPR of the sample data indicated that the lumbar spine was behind the pelvis during the backward return phase of the trunk motion.

- A. True
 - B. False
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