Flex Therapist CEUs

Mindfulness Interventions in Physical Therapy

1. Which is a form of cognitive-behavioral therapy that combines mindfulness and behavior change strategies?

A. Mindfulness-Based Stress Reduction
B. Acceptance and Commitment Therapy
C. Mindfulness-Based Cognitive Therapy
D. Cognitive Behavioral Therapy

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2. What effects can mindfulness practice have on the body?

A. Decreased Heart Rate
B. Poor Emotional Regulation
C. Increased Systemic Inflammation
D. Increased Blood Pressure

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3. Which type of meditation involves systematically directing attention to different parts of the body, tuning to sensations, and promoting relaxation?

A. Breath Awareness Meditation
B. Body Scan Meditation
C. Guided Meditation
D. Mindfulness Meditation

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4. Which scenario might a physical therapist not implement mindfulness-based interventions?

A. College Athlete with Performance Anxiety
B. Older Adult with Fear of Movement
C. A Young Adult with Four Years of Knee Pain
D. An Older Adult with Dementia Impacting Memory

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5. Which outcome measures a patient's perspective on how they value things like family, friendship, work, education, and spirituality on a ten-point scale?

A. Values-Living Questionnaire
B. Five Facets of Mindfulness
C. Chronic Pain Acceptance Questionnaire
D. Philadelphia Mindfulness Scale

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6. Which is correct regarding statistical support for the benefits of Mindfulness in physical therapy?

A. Statistically Significant Long-Term Benefits of Mindfulness
B. Moderate Long-Term Benefit of Mindfulness
C. Statistically Significant Short-Term Benefits of Mindfulness
D. Little Short-Term Benefits of Mindfulness

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7. Which of the following is not a mental health benefit of mindfulness practice?

A. Improved Work Performance
B. Improved Attention
C. Stress Reduction
D. Sleep Improvement

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8. What action should a physical therapist take for a patient with chronic shoulder pain who exhibits fear of movement and symptoms of an anxiety disorder?

A. Counsel the Patient with Cognitive Behavioral Therapy
B. Treat the Patient with Physical Based Interventions Only to Avoid Fixation on Pain
C. Refer the Patient to Mental Health Professional(s) and Treat in Physical Therapy
D. Don't Treat this Patient

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9. What time period do the origins of mindfulness trace back to?

A. 11th Century
B. Fourth Century BC
C. First Century CE
D. Tenth Century BC

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10. Which mindfulness-based intervention involves observing thoughts, emotions, and sensations from a detached and objective perspective?

A. Interoception
B. Reperceiving
C. Nonjudgment
D. Decentering

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