

# Flex Therapist CEUs

## Neck Pain in Office Workers: Consequences and Supervised Training

**Consequences and management of neck pain by female office workers: results of a survey and clinical assessment**

**1. There is ample evidence in this cross-sectional study linking musculoskeletal symptoms of the neck with computer use or features of the ergonomic workstation, inferring causation.**

- A. True**
  - B. False**
- 

**2. The most common management strategies utilized for neck pain include prescription or over-the-counter medication, physiotherapy and cognitive strategies.**

- A. True**
  - B. False**
- 

**3. Coping strategies used by office workers for their neck pain include:**

- A. Over the counter medication**
  - B. Prescription medication**
  - C. Physiotherapy and/or consultation with a general practitioner**
  - D. All of the above**
- 

**4. When combined with manual therapy, muscle strengthening and endurance exercises, which consist of both passive and active strategies, produce greater improvements in \_\_\_\_\_ compared to manipulation or mobilization alone for chronic neck pain.**

- A. Pain**
  - B. Function**
  - C. Quality of life**
  - D. All of the above**
- 

**5. Active self-management strategies have shown to be more effective than passive**

physiotherapy techniques by increasing self-efficacy.

- A. True
  - B. False
- 

## **Effect of Training Supervision on Effectiveness of Strength Training for Reducing Neck / Shoulder Pain and Headache in Office Workers: Cluster Randomized Controlled Trial**

6. When compared to a reference group, the relative difference between baseline and post measurements for the training groups was largest for:

- A. Neck pain
  - B. Headache intensity
  - C. Shoulder pain
  - D. None of the above were improved above the reference group
- 

7. Over the course of 20 weeks, how many hours of workplace physical exercise training per week are required to be highly effective in reducing neck pain and headache?

- A. 1
  - B. 2
  - C. 3
  - D. 4
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8. The effects in reducing neck pain and headache was overall found to be independent of the level of supervision.

- A. True
  - B. False
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