

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
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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
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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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