

Flex Therapist CEUs

Pain and Symptom Management

1. What strategy may help patients achieve an active approach in their recovery and involves deriving reasoning behind change?

- A. Motivational Interviewing
- B. Passive Coping
- C. Therapist Based Goals
- D. Acceptance Therapy

2. What strategy may help a patient with a chronic calf strain reduce pain in the area?

- A. Mindfulness
- B. Progressive Muscle Relaxation
- C. Strengthening
- D. All of These

3. Which function of CBT is the most effective?

- A. losing mindfulness
- B. Avoiding thoughts
- C. Transforming thinking patterns
- D. It works for everyone

4. Which of the following is the most important aspect of chronic pain treatment?

- A. Movement
- B. Treatment of Comorbidities
- C. There is no Singular Most Important Factor
- D. Stress Management

5. Which pain theory was developed from studying phantom limb pain and established that pain is a highly cortical process?

- A. Biopsychosocial Model
- B. Neuromatrix Model
- C. Gate Control Theory
- D. Chronic Pain Theory

6. A patient is focused on their pain and is avoiding normal routines because of it. What may be a helpful strategy for a physical therapist to try with this patient?

- A. Resistance Training for Pain
- B. Flexibility Training
- C. Pain Neuroscience Education
- D. Acute Pain Education

7. What type of pain is someone experiencing with four months of low back to leg pain?

- A. Chronic Radicular
- B. Acute Radicular
- C. Chronic Nociceptive
- D. Acute Neuropathic

8. Which type of drug intervention will help patients manage chronic pain most effectively?

- A. Opioids
- B. Muscle Relaxers
- C. NSAIDs
- D. Both B and C

9. What are the function of breathing exercises for pain management?

- A. Assist the Sympathetic Nervous System
- B. Activate a Rest and Digest Response
- C. Increase Cerebral Oxygenation
- D. None of These

10. What may someone be experiencing if he states "I can't imagine worse pain and it will never go away."

- A. Fear Avoidance
- B. Positive Coping
- C. Active Solution Based Coping
- D. Pain Catastrophizing
