

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
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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
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3. Which function of CBT is the most effective?

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