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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