

# 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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