

# Flex Therapist CEUs

## Pelvic Floor Therapy

**1. Which exercise focuses on consciously relaxing and lengthening the pelvic floor muscles?**

- A. Kegels
  - B. Pelvic Floor Muscle Lifts
  - C. Bridges
  - D. Reverse Kegels
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**2. What examination item should be conducted for real-time feedback of pelvic floor muscle activity?**

- A. Internal Examination
  - B. External Examination
  - C. SEMG Biofeedback Assessment
  - D. Kegel Assessment
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**3. Which muscle plays a significant role in core stability and provides support to the abdominal and pelvic organs?**

- A. Rectus Abdominis
  - B. Transversus Abdominis
  - C. Iliococcygeus
  - D. Gluteus Medius
- 

**4. Which condition may cause frequent urination, difficulty initiating urination, and the feeling of incomplete bladder emptying?**

- A. Vestibulitis
  - B. Prostatic Hypertrophy
  - C. Dyspareunia
  - D. Lichen Planus
- 

**5. Which cause of chronic pelvic pain is marked by stabbing pain in the pelvic area?**

- A. Pudendal Neuralgia
  - B. Tension Myalgia
  - C. Coccyx Pain
  - D. Fissures
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**6. What should be the first step of a treatment plan after a patient undergoes gender affirming surgery?**

- A. Pelvic Floor Strengthening
  - B. Preventing Incontinence
  - C. Pelvic Floor Coordination
  - D. Pain Control
- 

**7. What action should a physical therapist take if their patient who underwent a gender-affirming surgery is struggling with their gender identity and is screened positive for depression?**

- A. Provide Basic Cognitive Behavioral Therapy
  - B. Nothing, This is a Normal Part of Gender Affirming Surgeries
  - C. Refer the Patient to a Qualified Mental Health Professional
  - D. Call the Patient's Family to Discuss Support
- 

**8. What is the experience of altering how transgender individuals perceive their pelvic region?**

- A. Gender Affirming Surgery
  - B. Genital Dysphoria
  - C. Gender Identity Crisis
  - D. None of These
- 

**9. What intervention would one with urinary incontinence benefit most from at the beginning of a physical therapy bout of care?**

- A. Pelvic Floor Strengthening
  - B. Pelvic Floor Relaxation
  - C. Core Strengthening
  - D. Manual Therapy
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**10. What are the benefits of SEMG Biofeedback in pelvic floor therapy?**

- A. Progress Tracking
  - B. Treatment Planning
  - C. Real-Time Pelvic Floor Strengthening and Relaxation
  - D. All of These
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**11. Which certification should physical therapists pursue to become expert pelvic floor therapists?**

- A. Fellowship in Pelvic Health
  - B. Pelvic Health Board Certification
  - C. Women's Health Clinical Specialist
  - D. None of These
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**12. Which ligament extends from the lateral sacrum and coccyx to the ischial spine?**

- A. Sacrotuberous Ligament
  - B. Superior Pubic Ligament
  - C. Sacrospinous Ligament
  - D. Posterior Sacroiliac Ligament
- 

**13. Which of the following conditions is marked by frequent urination, difficulty emptying the bladder completely, and a bulge in the vaginal canal during straining?**

- A. Rectocele
  - B. Cystocele
  - C. Vulvar Pain
  - D. Vestibulitis
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**14. Which exercise helps to improve awareness and control of movements in the pelvic region?**

- A. Heel Slides
  - B. Squats
  - C. Pelvic Floor Muscle Lifts
  - D. Pelvic Clocks
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**15. Which condition is marked chronic bladder pain, urgency, and frequency?**

- A. Vestibulitis
  - B. Prolapse
  - C. Episiotomy
  - D. Interstitial Cystitis
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