

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

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

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

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

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

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

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

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

15. Which condition is marked chronic bladder pain, urgency, and frequency?

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

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