

Flex Therapist CEUs

Post-Partum Coccydynia Muscle Energy Techniques

1. The function of any joint in the body that can be moved through voluntary muscle action, either directly or indirectly, can be affected by the MET (Muscle Energy Technique) procedure and may:

- A. Stretch tight muscles
 - B. Strengthen weak muscles
 - C. Mobilize a restricted articulation
 - D. All of the above
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2. Which of the following appears to alter the perception of pain?

- A. The touch of the clinician.
 - B. Stimulation of agonist and antagonist muscles.
 - C. Both (A) and (B).
 - D. None of the above.
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3. Why might MET be more effective than other techniques in reducing pain?

- A. MET requires an extended period of time during each visit to administer.
 - B. MET allows the clinician to have physical contact with the patient, helping the patient to trust the clinician.
 - C. MET is a high-force isometric contraction in a pain-free position.
 - D. All of the above are reason why MET is better than other techniques in decreasing pain.
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4. MET aims to normalize soft tissue structures, such as shortened or tight muscles with no direct implication to the joint associated with these soft tissues.

- A. True
 - B. False
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5. The findings of this study indicate that:

- A. MET was effective, more comfortable, and safe for the treatment of post-partum coccydynia.
 - B. There was a statistically significant reduction in pain intensity and functional ability.
 - C. MET in conjunction with phonophoresis to be an effective, noninvasive, cheap, and safe method of relieving post-partum coccydynia.
 - D. All of the above.
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