

# Flex Therapist CEUs

## Fibromyalgia

1. The only physical finding currently used for diagnosis of FM is:

- A. Excess tenderness on palpitation of soft tissue
  - B. Laboratory tests
  - C. Radiographic / imaging test
  - D. All of the above
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2. Women with FM have described their fatigue in terms of:

- A. Sleepless nights
  - B. Physical weakness
  - C. Social withdrawal
  - D. All of the above
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3. All of the following are true regarding resistance training with FM EXCEPT:

- A. Produces improvements in balance, coordination, and agility
  - B. Can be a replacement for medications
  - C. Improves pain, tenderness and muscle strength in women with FM
  - D. Can lead to a symptom flare as people with FM are generally less active
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4. One of the biggest keys to patient success in a therapy program is the patient's grasp of two concepts: 1) Exercise is optional. People with fibromyalgia should only exercise if they are symptom free. 2) There is no magic cure. If patients' expectations are that they will be "cured"—have no pain or fatigue—they are destined to be disappointed. It is important that therapists work with patients to establish realistic goals.

- A. True
  - B. False
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5. Occupational therapy focuses on the whole person through their activities of daily living (ADL). By learning adaptive techniques, energy conservation, pain management, relaxation techniques, problem solving, sleep hygiene, communication techniques, and goal-setting, patients are able to determine life changes that will allow them to optimize their function within their limitations.

- A. True

**B. False**

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