

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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