

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

- A. Interstitial Cystitis
 - B. Prostatic Hypertrophy
 - C. Dyspareunia
 - D. Lichen Planus
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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**
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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**
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8. What is the experience of altering how transgender individuals perceive their pelvic region?

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