Flex Therapist CEUs

Chronic Fatigue Syndrome and Yoga

Isometric yoga improves the fatigue and pain of patients with chronic fatigue syndrome who are resistant to conventional therapy: a randomized, controlled trial

1. The results of this study indicate that isometric yoga can significantly:

A. Improve fatigue
B. Enhance vigor
C. Reduce pain
D. All of the above

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2. The isometric yoga intervention did all of the following, except:

A. It reduced Chalder's FS scores.
B. It improved the mental component summary subscore of the SF-8.
C. It improved the BP and GH subscores of the SF-8.
D. It improved the PCS subscore of the SF-8.

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3. Yoga has been reported to reduce serum levels of cortisol and proinflammatory cytokines such as interleukin-1.

A. True
B. False

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4. Yoga increases heart rate variability and shifts the autonomic nervous system from a state predominated by sympathetic activity to one predominated by parasympathetic activity.

A. True
B. False

Development of a recumbent isometric yoga program for patients with severe chronic fatigue syndrome / myalgic encephalomyelitis: A pilot study to assess feasibility and efficacy

5. The present study's findings suggest that recumbent isometric yoga can reduce fatigue in patients with severe CFS/ME who are accustomed to the yoga procedures after how many sessions?

A. A single session
B. At least 2 sessions
C. Three sessions
D. Four or more sessions

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6. This study suggests the possibility that regular practice of recumbent isometric yoga has a long-term fatigue-relieving effect.

A. True
B. False

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7. Recumbent isometric yoga modulates which of the following abnormalities?

A. Hypofunction of the hypothalamic-pituitary-adrenocortical axis.
B. Increased proinflammatory cytokines.
C. Increased inflammatory parameters.
D. It is unknown if recumbent isometric yoga modulates any of the above.
