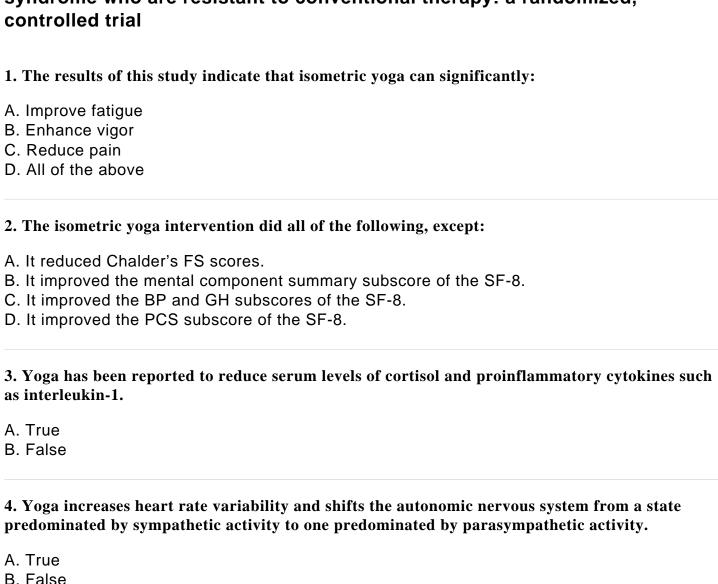
Flex Therapist CEUs

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



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

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