

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
-

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.
-

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

- A. True
 - B. False
-

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
-

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.
-

Copyright © 2024 Flex Therapist CEUs

Visit us at <https://www.flextherapistceus.com>