

Flex Therapist CEUs

Integrating Yoga and Physical Therapy

1. What benefit may a patient with fall risk with a history of CVA gain from integrated yoga and physical therapy practice?

- A. Pain Control
 - B. Improved Balance
 - C. Use of an Assistive Device
 - D. Increased risk of falling due to yoga-induced dizziness and physical therapy exercises causing muscle spasms.
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2. Which is not a benefit of integrating yoga practice into physical therapy?

- A. Alleviates Pain
 - B. Improves Mobility
 - C. Strengthening
 - D. Increases Stress Level
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3. Which of the following benefits of yoga would a patient with Parkinson's Disease benefit from?

- A. Slow the progression of axial proximal stiffness
 - B. Improved Emotional Regulation
 - C. Decreased Heart Rate Variability
 - D. Increased SNS Response
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4. Which of the following could be a direct benefit of yoga in physical therapy for a patient with chronic knee pain?

- A. Inflammation Control
 - B. Guaranteed elimination of Pain
 - C. Decreased Heart Rate Variability
 - D. Increased SNS Response
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5. Which of the following yoga-based exercises allows a gentle hip stretch and aims to improve spinal mobility?

- A. Cat-Cow
 - B. Downward Dog
 - C. Cobra Pose
 - D. Child's Pose
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6. Which certification is most recognized among yoga therapists?

- A. C-IAYT
 - B. Yoga Therapist Certification
 - C. Academy of Yoga Certification
 - D. Yoga and Mindfulness Certification
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7. Which of the following is not a mental health benefit of yoga and mindfulness practice?

- A. Increasing Gray Matter Density
 - B. Increased Serotonin Levels
 - C. Decreased Dopamine Levels
 - D. Increased Emotional Regulation
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8. There has been moderate evidence that yoga reduces fall risk in all these populations except which?

- A. CVA
 - B. Dementia
 - C. Multiple Sclerosis
 - D. Parkinson's Disease
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9. What CPT code should a physical therapist use for yoga exercises with the goal is to improve movement, balance, coordination, and kinesthetic sense?

- A. 97110, Therapeutic Exercise
 - B. 97112, Neuromuscular Re-Education
 - C. 97530, Therapeutic Activity
 - D. 97150, Group Therapeutic Procedures
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10. Which style of yoga is also known as flow yoga and synchronizes breath with movement?

- A. Hatha Yoga
 - B. Vinyasa Yoga
 - C. Ashtanga Yoga
 - D. Iyengar Yoga
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