

# Flex Therapist CEUs

## Low Back Pain - Clinical Assessment and Treatment

**1. Which special test is a method to determine the presence of sciatica?**

- A. Prone Instability Test
  - B. FABER Test
  - C. Kemp's Test
  - D. SLR Test
- 

**2. Which approach to low back pain treatment focuses on enhancing the control of the lumbar spine?**

- A. Manipulation
  - B. Specific Exercise
  - C. Stabilization
  - D. Traction
- 

**3. Which core assessment method examines the stability and strength of the deep core, including the transversus abdominis?**

- A. Core Stability Test
  - B. Sarhmann Core Stability Test
  - C. Bridge Test
  - D. Plank Test
- 

**4. At which point in the gait cycle does the knee reach its maximum flexion?**

- A. Heel Strike
  - B. Mid Swing
  - C. Toe Off
  - D. Terminal Swing
- 

**5. Which providers may be part of the healthcare team for a patient in chronic low back pain?**

- A. Psychologist
  - B. Psychiatrist
  - C. Orthopedist
  - D. All Of These
-

**6. Which condition is characterized by a deep, constant pain in the abdomen and back?**

- A. AAA
  - B. Abdominal Cancer
  - C. IBS
  - D. Sciatica
- 

**7. What medications have been prescribed to reduce neuropathic pain associated with low back pain?**

- A. Anticonvulsants
  - B. Antidepressants
  - C. Opioids
  - D. NSAIDs
- 

**8. Which ligaments run along the spine creating stability and limiting flexion?**

- A. Longitudinal Ligaments
  - B. Ligamentum Flavum
  - C. Interspinous Ligaments
  - D. Supraspinous Ligaments
- 

**9. Which test evaluates the hip and sacroiliac joint?**

- A. Lumbar Compression Test
  - B. FABER Test
  - C. Lumbar Flexion Test
  - D. Prone Instability Test
- 

**10. What is the purpose of the pelvic floor muscles?**

- A. Supporting Organs
  - B. Controlling Bowel and Bladder Function
  - C. Forming the Inferior Abdominal Wall
  - D. All Of These
- 

**11. Which of the following is not a recommended manual therapy technique to use for low back pain treatment?**

- A. Strain-Counterstrain
  - B. Manipulation
  - C. Muscle Energy Techniques
  - D. None of These
-

**12. Which outcome measure is commonly used to assess functional disability in individuals with low back pain?**

- A. NPRS
  - B. ODI
  - C. GROC
  - D. PSFS
- 

**13. Which of the following is NOT a component of patient education for individuals with low back pain from physical therapists?**

- A. Ergonomics
  - B. Pain Education
  - C. Nutritional Counseling
  - D. Fear Avoidance
- 

**14. What exercise variation is a safe and effective modification of a squat for an older adult with a fall risk?**

- A. Toe Touches
  - B. Bridges
  - C. Sit To Stands
  - D. Supine Leg Presses
- 

**15. Which of the following is NOT considered a psychosocial risk factor for developing chronic low back pain?**

- A. Depression
  - B. Pain Catastrophizing
  - C. Fear Avoidance
  - D. Age over 65
- 

**16. What is the primary goal of manual therapy techniques in the treatment of low back pain?**

- A. Pain Relief
  - B. Improvement of Joint and Soft Tissue Mobility
  - C. Muscle Strengthening
  - D. Improvement of Muscle Flexibility
- 

**17. Which of the following is a characteristic feature of a lumbar disc herniation?**

- A. Localized Tenderness
- B. Radicular Pain
- C. Hypomobility in Spine

D. Pain that Worsens with Prolonged Standing

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**18. Which of these scenario necessitates a referral for imaging?**

- A. Disc Derangement
  - B. Fracture
  - C. Sciatica
  - D. Degenerative Disc Disease
- 

**19. What muscles does the bridge exercise target?**

- A. Gluteals
  - B. Hamstrings and Spinal Extensors
  - C. Quadriceps and Gastrocnemius
  - D. None of These
- 

**20. What is the primary goal of core stabilization exercises in the treatment of low back pain?**

- A. Increase Flexibility in the Lumbar Spine
  - B. Reduce Inflammation
  - C. Improve Core Muscle Strength and Control
  - D. Eliminate the Need for Pain Medication
- 

**21. What might an examination reveal in a patient with 10 years of low back pain with radiculopathy?**

- A. Loss of Sensation in the Lower Extremity
  - B. No Peripheralization
  - C. Grade 4 Patellar Reflexes
  - D. A Negative SLR Test
- 

**22. Which clinical picture may a physical therapist consider using traction?**

- A. Signs of Nerve Root Compression
  - B. Radiating Pain Above Knee and Hypomobility
  - C. Centralization
  - D. Hypermobility and pain radiating to the knee
- 

**23. What person is most susceptible to chronic low back pain?**

- A. 40 Year Old Female Triathlete
  - B. 20 Year Old College Student
  - C. 30 Year Old African American Woman
  - D. 50 Year Old Woman with Depression
-

**24. Which movement direction is typically avoided in individuals with a diagnosis of lumbar spinal stenosis?**

- A. Flexion
  - B. Extension
  - C. Lateral Flexion
  - D. Rotation
- 

**25. Which ethnic group experiences the lowest rates of low back pain?**

- A. Caucasian
  - B. African American
  - C. Asian
  - D. Hispanic
- 

**26. Which of the following interventions is commonly used for central sensitization in individuals with low back pain?**

- A. Spinal Manipulation
  - B. Repeated Movement Exercises
  - C. Cognitive Behavioral Therapy
  - D. Lower Extremity Strengthening
- 

**27. Which are scales that help to determine the psychosocial impact on low back pain treatment?**

- A. FABQ
  - B. PHQ-9
  - C. PCS
  - D. All Of These
- 

**28. What does the term "peripheralization" refer to in the context of low back pain?**

- A. Pain that Worsens with Movement away from the Center of the Body
  - B. Pain that Radiates down the Leg from the Back
  - C. Pain that Centralizes with Specific Movements or Exercises
  - D. Pain that improves with rest and medication
- 

**29. Which of the following is NOT a common red flag symptom in the evaluation of low back pain?**

- A. Recent onset of Back Pain after Lifting
  - B. Unexplained Weight Loss
  - C. History of Cancer
  - D. Progressive Neurologic Deficits
-

**30. What is the best initial treatment approach for a patient who was injured 10 days ago, has no symptoms below the knee, and has no red flag conditions?**

- A. Traction
  - B. Manipulation
  - C. Stabilization
  - D. Specific Exercise
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