

Flex Therapist CEUs

Pelvic Floor Therapy

1. Which exercise focuses on consciously relaxing and lengthening the pelvic floor muscles?

- A. Kegels
 - B. Pelvic Floor Muscle Lifts
 - C. Bridges
 - D. Reverse Kegels
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2. What examination item should be conducted for real-time feedback of pelvic floor muscle activity?

- A. Internal Examination
 - B. External Examination
 - C. SEMG Biofeedback Assessment
 - D. Kegel Assessment
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3. Which muscle plays a significant role in core stability and provides support to the abdominal and pelvic organs?

- A. Rectus Abdominis
 - B. Transversus Abdominis
 - C. Iliococcygeus
 - D. Gluteus Medius
-

4. Which condition may cause frequent urination, difficulty initiating urination, and the feeling of incomplete bladder emptying?

- A. Interstitial Cystitis
 - B. Prostatic Hypertrophy
 - C. Dyspareunia
 - D. Lichen Planus
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5. Which cause of chronic pelvic pain is marked by stabbing pain in the pelvic area?

- A. Pudendal Neuralgia
 - B. Tension Myalgia
 - C. Coccyx Pain
 - D. Fissures
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6. What should be the first step of a treatment plan after a patient undergoes gender affirming surgery?

- A. Pelvic Floor Strengthening
 - B. Preventing Incontinence
 - C. Pelvic Floor Coordination
 - D. Pain Control
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7. What action should a physical therapist take if their patient who underwent a gender-affirming surgery is struggling with their gender identity and is screened positive for depression?

- A. Provide Basic Cognitive Behavioral Therapy
 - B. Nothing, This is a Normal Part of Gender Affirming Surgeries
 - C. Refer the Patient to a Qualified Mental Health Professional
 - D. Call the Patient's Family to Discuss Support
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8. What is the experience of altering how transgender individuals perceive their pelvic region?

- A. Gender Affirming Surgery
 - B. Gender Dysphoria
 - C. Gender Identity Crisis
 - D. None of These
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9. What intervention would one with urinary incontinence benefit most from at the beginning of a physical therapy bout of care?

- A. Pelvic Floor Strengthening
 - B. Pelvic Floor Relaxation
 - C. Core Strengthening
 - D. Manual Therapy
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10. What are the benefits of SEMG Biofeedback in pelvic floor therapy?

- A. Progress Tracking
 - B. Treatment Planning
 - C. Real-Time Pelvic Floor Strengthening and Relaxation
 - D. All of These
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11. Which certification should physical therapists pursue to become expert pelvic floor therapists?

- A. Fellowship in Pelvic Health
 - B. Pelvic Health Board Certification
 - C. Women's Health Clinical Specialist
 - D. None of These
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12. Which ligament extends from the lateral sacrum and coccyx to the ischial spine?

- A. Sacrotuberous Ligament
 - B. Superior Pubic Ligament
 - C. Sacrospinous Ligament
 - D. Posterior Sacroiliac Ligament
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13. Which of the following conditions is marked by frequent urination, difficulty emptying the bladder completely, and a bulge in the vaginal canal during straining?

- A. Rectocele
 - B. Cystocele
 - C. Vulvar Pain
 - D. Vestibulitis
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14. Which exercise helps to improve awareness and control of movements in the pelvic region?

- A. Heel Slides
 - B. Squats
 - C. Pelvic Floor Muscle Lifts
 - D. Pelvic Clocks
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15. Which condition is marked chronic bladder pain, urgency, and frequency?

- A. Vestibulitis
 - B. Prolapse
 - C. Episiotomy
 - D. Interstitial Cystitis
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