

Flex Therapist CEUs

Post-Partum Coccydynia Muscle Energy Techniques

1. The function of any articulation of the body which can be moved by voluntary muscle action, either directly or indirectly can be influenced by MET procedure and may:

- A. Stretch tight muscles
 - B. Strengthen weak muscles
 - C. Mobilize a restricted articulation
 - D. All of the above
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2. Which of the following seems to alter perception of pain?

- A. The touch of the clinician.
 - B. Stimulation of agonist and antagonist muscles.
 - C. Both (A) and (B).
 - D. None of the above.
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3. Why may MET be better than other techniques in decreasing pain?

- A. MET requires an extended period of time during each visit to administer.
 - B. MET allows the clinician to have physical contact with the patient, helping the patient to trust the clinician.
 - C. MET is a high-force isometric contraction in a pain-free position.
 - D. All of the above are reason why MET is better than other techniques in decreasing pain.
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4. MET aims to normalize soft tissue structures, such as shortened or tight muscles with no direct implication to the joint associated with these soft tissues.

- A. True
 - B. False
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5. This study found that:

- A. MET was effective, more comfortable, and safe for the treatment of post-partum coccydynia.
 - B. There was a statistically significant reduction in pain intensity and functional ability.
 - C. MET in conjunction with phonophoresis to be an effective, noninvasive, cheap, and safe method of relieving post-partum coccydynia.
 - D. All of the above.
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