

ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1

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Illinois Practice Edge, July 19, 2018

ASSESSING & MANAGING LUMBAR SPINE STENOSIS

1. Which of the following nerve root levels is most commonly involved with foraminal stenosis?
- A. L2
 - B. L3
 - C. L4
 - D. L5
2. Which of the following ROM increases the IVF surface area 12%?
- A. Flexion
 - B. Extension
 - C. Rotation
 - D. Lateral flexion
3. Which of the following is generally a more comfortable sleeping position for LSS?
- A. Prone
 - B. Sidelying
 - C. Supine
 - D. Sitting

4. Which of the following ROM induces neurogenic claudication and provokes symptoms of LSS?
- A. Flexion
 - B. Extension
 - C. Rotation
 - D. Lateral flexion
5. Which of the following orthopedic maneuvers is more likely to be positive in cases of lateral recess or foraminal stenosis?
- A. Kemp
 - B. Sphinx
 - C. SLR
 - D. Yeoman
6. Which of the following was more effective for LSS than medication?
- A. CMT
 - B. US
 - C. Acupuncture
 - D. Laser

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I attest that I have read the articles and answered the test questions for this issue 07/19/18.

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