

ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1

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STABILIZATION EXERCISE IN OLDER ADULT WOMEN

[P. 1 – 9]

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| <p>1. What percent of all LBP cases are chronic NSLBP?</p> <p>A. 50 – 60</p> <p>B. 60 – 70</p> <p>C. 70 – 80</p> <p>D. 80 – 90</p> <p>2. Which of the following is preferentially contracted by hollowing strategy?</p> <p>A. RA</p> <p>B. TrA</p> <p>C. EO</p> <p>D. ES</p> <p>3. Which of the following strategies is beneficial in inducing higher activation in the deep abdominal muscles?</p> <p>A. Bracing</p> <p>B. Hollowing</p> <p>C. Equivalent</p> <p>D. None of the above</p> | <p>4. How many lumbar stabilization exercises were used in this study?</p> <p>A. 3</p> <p>B. 4</p> <p>C. 5</p> <p>D. 6</p> <p>5. What angle, in degrees, did the participant have to maintain their upper body to measure their trunk side flexor strength?</p> <p>A. 20</p> <p>B. 30</p> <p>C. 45</p> <p>D. 90</p> <p>6. Which of the following was activated to approximately 32 % of maximum voluntary isometric contraction by bracing?</p> <p>A. EO</p> <p>B. RA</p> <p>C. ES</p> <p>D. IO</p> |
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I attest that I have read the articles and answered the test questions for this issue 01/18.

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