

ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1

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**PSYCHOLOGICAL FACTORS & MOTOR CONTROL
(P. 547-557)**

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| <p>1. Which of the following had a shorter lift duration?</p> <p>A. Without LBP</p> <p>B. With LBP</p> <p>C. Equivalent</p> <p>D. None of the above</p> <p>2. How long did the experimental sessions last, in minutes?</p> <p>A. 30</p> <p>B. 60</p> <p>C. 90</p> <p>D. 120</p> <p>3. What was the weight load in pounds for the medium load?</p> <p>A. 5.5</p> <p>B. 10</p> <p>C. 12.5</p> <p>D. 15</p> | <p>4. Where were the sEMG electrodes placed on the LB during testing?</p> <p>A. L 2- 3</p> <p>B. L 3 - 4</p> <p>C. L 4 - 5</p> <p>D. L 5 - S 1</p> <p>5. Which of the following questionnaires had 17 items?</p> <p>A. Oswestry</p> <p>B. Functional disability</p> <p>C. Pain catastrophizing</p> <p>D. Kinesiophobia</p> <p>6. Which of the following phases showed higher erector spinae EMG activity?</p> <p>A. Lifting</p> <p>B. Lowering</p> <p>C. Equivalent</p> <p>D. None of the above</p> |
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I attest that I have read the articles and answered the test questions for this issue 10/17.

SIGNATURE: _____ DATE: _____

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