Module 10.4 Q&A

1. The peak incidence of low back pain occurs in the ____________decade.
   a. Third
   b. Fourth
   c. Fifth

2. The greatest risk factor for seeking care for the spine is:
   a. Being a smoker.
   b. Being overweight.
   c. Being a male.
   d. Being sedentary.

3. Psychosocial factors that contribute to or arise from spine pain include:
   a. Depressive mood
   b. Cognitive function
   c. Long standing duration of pain
   d. All of the above.

4. Mastery of pre-postures (asana) is requisite to prescribing a yoga program.
   a. True
   b. False

5. The following posture is contraindicated for the osteoporosis population:
   a. Rotated head to knee pose
   b. Head to knee pose in spinal neutral
   c. Thread the needle in spinal neutral
   d. Modified sage pose

6. Osteokinematic movement is also known as “accessory movement” in the spine.
   a. True
   b. False

7. The fit and orientation of the facet joints largely determines the torsional stiffness in each region of the spine.
   a. True
   b. False

8. Downward dog preparation pose is a yoga posture that facilitates mobility in the spine.
   a. True
   b. False

9. Fryette’s first law of mechanics states that side bending and rotation occur in opposite directions when the spine is in a neutral position.
   a. True
   b. False

10. Mild chin lock as taught in the PYT method refers to cervical spine flexion as performed in “jalandhara bandha” in traditional yoga.
    a. True
    b. False

11. Threading the needle pose as taught in the PYT method requires:
    a. Thoracic extension
    b. Upper thoracic rotation
    c. Thoracic sidebending
    d. Cervical rotation
    e. Cervical flexion
    f. a, b, c, and d
    g. a, b, c, and e
12. Sacroiliac joint movement is a Type ___ movement which occurs in ___ planes.
   a. II, 2
   b. I, 2
   c. II, 3
   d. I, 3

13. Based on recent epidemiological and anthropological research, yoga posture prescription in the spine population must consider:
   a. Medical condition
   b. Age
   c. Race
   d. Gender
   e. All of the above.

14. Abdominal massage action increases GI motility, reduces GI related pain, and decreases overall GI related symptoms.
   a. True
   b. False

15. When prescribing yoga postures for the spine, the breath should be emphasized and mastered __________ posture prescription or progression.
   a. before
   b. after