

## **ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1**

To earn credit, read the CME credit articles and the answer the questions below. Circle your answer and return to the ICS per instructions at the end of the quiz. To earn credit, a minimum score of 70% must be obtained. Each quiz may be submitted only once for credit consideration and must be submitted within one year after the date of issue.

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### **BIODEX BALANCE SYSTEM CUTOFF SCORES**

**[P. 85 – 94]**

1. What percent of the population develop chronic LBP, lasting 3 months or more?
  - A. 13
  - B. 23
  - C. 33
  - D. 43
  
2. How many older people with NSLBP were included in this study?
  - A. 52
  - B. 55
  - C. 62
  - D. 65
  
3. Which of the following was an inclusion criteria for this study?
  - A. Lumbar stenosis
  - B. Lumbar lordosis >57 degrees
  - C. Pain score of 40 mm VAS
  - D. Spina bifida
  
4. How long were the bipedal postural assessments performed, in seconds?
  - A. 10
  - B. 15
  - C. 20
  - D. 30
  
5. Which of the following was the position for the participants arms during testing?
  - A. On the handrails
  - B. Across the chest
  - C. On participant's hips
  - D. Across the low back
  
6. Which of the following indicates a low risk of falling per the BergBS score?
  - A. <30
  - B. >30
  - C. <45
  - D. >45

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I attest that I have read the articles and answered the test questions for this issue 01/21.

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