

## 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.

**Illinois Practice Edge, November 4, 2021**

### **MOST OVERLOOKED CAUSE OF NECK PAIN**

1. How many muscles comprise the deep neck flexors?
  - A. 2
  - B. 3
  - C. 4
  - D. 5
  
2. Which of the following muscle atrophies in subjects with chronic radicular neck pain, per JMPT?
  - A. Rectus capitus
  - B. Longus colli
  - C. Longus capitus
  - D. Platysma
  
3. Which of the following muscles is over activated with cervicogenic headache patients?
  - A. Rectus capitus
  - B. Longus colli
  - C. Cervical multifidus
  - D. SCM

4. How far off the table does the patient actively lift their head during the flexor endurance test, in inches?
  - A. 1
  - B. 2
  - C. 3
  - D. 4
  
5. How long, in seconds, is a neck pain patient able to hold the deep flexor endurance test?
  - A. 10
  - B. 20
  - C. 30
  - D. 40
  
6. Which of the following therapies provides faster pain relief?
  - A. Acupuncture
  - B. Electrical stimulation
  - C. Ultrasound
  - D. Manipulation

PRINT NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

I attest that I have read the articles and answered the test questions for this issue 11/4/21

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**To receive credit, mail this page with a self-addressed stamped envelope and a check, when fee\* is applicable to:**

ILLINOIS CHIROPRACTIC SOCIETY  
P O BOX 9448  
SPRINGFIELD, IL 62791

**ICS SPONSOR VALIDATION OF ONE CME CREDIT CATEGORY 1:**

DATE \_\_\_\_\_

**KEEP THIS FORM FOR YOUR RECORDS**

**\*No additional charge for ICS General Members in good standing, \$10 ICS Associate Members (retired, out-of-state or full time faculty), \$30.00 Non-Members**

The Illinois Chiropractic Society's Continuing Medical Education Committee will approve this educational activity for one category 1 credit hour with the following disclaimer:

"Illinois Chiropractic Society sanctioning of any Continuing Medical Education activity is in accordance with applicable rules of the Illinois Department of Financial and Professional Regulation. The Illinois Chiropractic Society makes no representation, either directly or indirectly, that the substantive matter being presented is within the scope of chiropractic licensing in every jurisdiction. The questions and answers are based solely on the articles as published, and neither the ICS nor their contractors, officers, or personnel investigate, endorse or approve any statement of fact or opinion, which are solely the responsibility of the authors and sources of information."