**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.

***Journal of Manipulative and Physiological Therapeutics*, February 2023 B**


### POSTURAL SHIFT & MUSCULOSKELETAL

### DISCOMFORT (P. 76-85)

1. What is the average frequency of postural shifts during sitting in healthy participants, in times/hr.?

1. 5 – 10
2. 7 – 15
3. 8 – 19
4. 10 – 20

2. What is the frequency decrease, in percent, of postural shifts per hour for chronic LBP participants?

1. 32
2. 43
3. 53
4. 62

3. What was the sample size for this study?

1. 30
2. 40
3. 50
4. 60

4. How man pressure sensor elements were in the seat pressure mat?

1. 548
2. 724
3. 1024

D. 1262

5. How long was the recovery period after one hour of testing, in minutes?

1. 20
2. 25
3. 30
4. 35

6. What was the average increase is subcutaneous oxygen saturation with each posture adjustment, in percent?

1. 1.1
2. 2.2
3. 3.3
4. 3.5

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I attest that I have read the articles and answered the test questions for this issue 02/2023 B

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# KEEP THIS FORM FOR YOUR RECORDS

**\*10 ICS General and Associate Members in good standing, $40.00 Non-Members**

The Illinois Chiropractic Society’s Continuing Medical Education Committee will approve this educational activity for one category 1

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