**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 C**


### COMPARISON OF MANUAL THERAPY & EXERCISE

### (P. 98-108)

1. What is the lifetime prevalence for non-traumatic shoulder pain, in percent?

1. 40
2. 50
3. 60
4. 70

2. What was the length, in weeks, for most studies of therapeutic exercise?

1. 2 – 3
2. 3 – 6
3. 4 – 12
4. 6 – 18

3. What was the minimum intensity for shoulder pain on the VAS for at least 3 months for inclusion in this study?

1. 2
2. 4
3. 6
4. 8

4. What was the anticipated dropout rate for this study, in percent?

1. 10
2. 12
3. 15

D. 18

5. How long was pressure applied to a TrP in seconds, per repetition?

1. 30
2. 45
3. 60
4. 90

6. How many points were considered minimally clinically important for VAS improvement?

1. 1
2. 1.5
3. 2
4. 2.5

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

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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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