

ICS CME CREDIT QUIZ: 1 CREDIT HOUR CATEGORY 1

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LUMBAR SPINE KINEMATICS FROM SITTING TO STANDING [P. 113-119]

D. None of the above

1. How many times per day do working age people perform sit to stand movement, on average?
 - A. 40
 - B. 50
 - C. 60
 - D. 70

2. What level of the spine was the G-Sensor placed via an elastic belt?
 - A. T 12
 - B. L 2
 - C. L 3
 - D. L 5

3. How much, in percent, is the speed of lifting from the sitting position decreased from supporting the upper limbs?
 - A. 25
 - B. 30
 - C. 45
 - D. 50

4. How many times did the participants attempt the STS movement?
 - A. 3
 - B. 6
 - C. 9
 - D. 12

5. Which of the following demonstrated the shortest time of changing body positions from sit to stand?
 - A. Habitual
 - B. Flexion
 - C. Extension
 - D. None of the above

6. Which of the following groups indicated a significant difference in STS pattern for maximum acceleration in the VERT axis?
 - A. Habitual & flexion
 - B. Habitual & extension
 - C. Flexion & extension

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I attest that I have read the articles and answered the test questions for this issue 02/21.

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