



Spine Health

Deadline: Postmarked no later than **March 31, 2024**

Credit: 2.5 AAMA CEUs (gen/clin) **Code:** 142346

Directions: Determine the correct answer to each of the following, based on information derived from the article.

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- 1. The spine consists of joints, bones, and nerves but not ligaments.
- 2. Minimally invasive spine surgery causes less trauma to the spine muscles and shortens the recovery time for patients.
- 3. No effective treatment currently exists for back pain that is nonspecific in origin.
- 4. Diagnosing lumbar spine pain can be difficult because such pain can be caused by one or several spine components.
- 5. Spinal stenosis is a disease that causes the gradual thinning of spinal cartilage.
- 6. Decompressing pinched nerves has not proven to be an effective treatment for spinal stenosis.
- 7. The ability to feel pain and temperature from touch originates in the spine.
- 8. Spinal disorders are often best treated in large, integrated care settings because of the complexity of medical issues that patients face.
- 9. All the 33 vertebrae of the spine can move independently.
- 10. Patients with lower back pain should not be referred to a physical therapist until a definitive diagnosis of the pain's cause has been determined.
- 11. If a patient has back pain but does not have symptoms such as numbness or motor weakness, the primary care provider should initiate a course of nonsurgical management.
- 12. Because chronic, severe back pain can result in emotional suffering, patient referrals to counseling professionals—such as clinical psychologists—can help them cope.

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- 13. Scoliosis causes the spine to fuse to itself and become very stiff.
- 14. The three main regions of the spine are the lumbar, thoracic, and cervical regions.
- 15. Patients with back pain must see a back pain specialist for effective treatment.
- 16. Back pain is among the most common health complaints in the United States.
- 17. Complementary health resources for spinal pain can include yoga, dietary modifications, acupuncture, and massage.
- 18. Educating patients on the cause of their back pain and the healing process can make them more fearful throughout treatment.

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