

Review of Concepts of Exercise Therapy for Neck Pain

1. The average prevalence of neck pain among countries is approximately 30%. True or false?
 - a. True
 - b. False
2. Life time prevalence of neck pain is reported as 70%. True or false?
 - a. True
 - b. False
3. Neck pain is associated with static loading and sitting for more than 90% of the working time. True or false?
 - a. True
 - b. False
4. Neck pain is associated with pain in the shoulder and upper extremity as well as headaches. True or false?
 - a. True
 - b. False
5. Neck pain is associated with low incidence of sick absence from your work. True or false?
 - a. True
 - b. False
6. As the days of sick absence increase the likelihood of going back to work increases. True or false?
 - a. True
 - b. False
7. Neck pain with mobility deficits means local cervical pain, without radiation in a middle age patient with decreased range of movement in the neck. True or false?
 - a. True
 - b. False
8. Neck pain with movement coordination disorders requires exercises to improve proprioception and motor control. True or false?
 - a. True
 - b. False
9. If neck pain management matches classification of the impairment treatment effect is minimized. True or false?
 - a. True
 - b. False
10. Risk factors for chronic neck pain include among others psychological factors and previous trauma and history of back pain and headaches. True or false?
 - a. True

- b. False
11. Local stabilizers (muscles) are multisegmental muscles crossing several joints.
True or false.
 - a. True
 - b. False
 12. Global stabilizers (muscles) produce large torques and quick movements.
True or false?
 - a. True
 - b. False
 13. Deep neck flexors are local stabilizers and have consistent activation in flexion irrespective of the pattern of movement. True or false?
 - a. True
 - b. False
 14. Superficial neck flexors show increase activation in chin tuck (head on neck flexion). True or false?
 - a. True
 - b. False
 15. Global stabilizers compensate effectively for the inhibition of the local stabilizers and spinal stability is unaffected. True or false?
 - a. True
 - b. False
 16. Neck pain patients frequently show inhibition of the superficial cervical flexors and over activation of deep cervical flexors. True or false?
 - a. True
 - b. False
 17. Neck pain increases muscle power and force production due to muscle spasm. True or false?
 - a. True
 - b. False
 18. Disuse due to pain often causes inhibition and this leads to weakness and fatty infiltration of the neck muscles. True or false?
 - a. True
 - b. False
 19. Fatty infiltration affects mostly the deep stabilizer muscles. True or false?
 - a. True
 - b. False
 20. Computer work increases head and neck protraction in neck pain patients.
True or false?
 - a. True
 - b. False
 21. Proprioception is normal in neck pain patients. True or false?

- a. True
 - b. False
22. Exercise can NOT reverse postural dysfunction in neck pain patients. True or false?
- a. True
 - b. False
23. Exercise can reverse muscular dysfunction in neck pain patients. True or false?
- a. True
 - b. False
24. Exercise for proprioceptive deficits in neck pain patients is not effective because of the pain. True or false?
- a. True
 - b. False
25. Stretching exercises are equally effective for pain relief as manual therapy. True or false?
- a. True
 - b. False
26. Stretching exercises should not be prescribed for neck pain unless is it mechanical neck pain. True or false?
- a. True
 - b. False
27. Stretching exercises can increase and prolong the effect of manual therapy. True or false?
- a. True
 - b. False
28. Motor control exercises are important for the management of neck pain and headaches. True or false?
- a. True
 - b. False
29. Motor control exercises increase muscle strength and improve motor control but they don't change the disability of neck pain patients. True or false?
- a. True
 - b. False
30. Endurance and stretching exercises are no better than control intervention for neck pain patients.
- a. True
 - b. False
31. Endurance and stretching exercises improve neck pain but the results are only short term.
- a. True

b. False