Chronic Low Back Pain Post-Test

1. Name two changes seen in the core/spinal musculature of patients with chronic non-specific low back pain.
2. Name two important components of the evaluation for someone with chronic non-specific low back pain:
3. Name two possible interventions for someone with chronic non-specific low back pain:
4. Describe the process of teaching a patient the Richardson’s Abdominal-Drawing In Maneuver:
5. How do you know when you can progress a patient to the next stage of Sahrmann’s abdominal exercises?