# Pre- /Post- Test

Initials \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle which test this is: Pre or Post

1. Approximately, how many people are affected with low back pain in the US yearly?
   1. ½
   2. 1/3
   3. ¼
   4. 1/5
2. What are the 3 sources of pain perception?
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. T/F There is an association between low back pain and the psychosocial behaviors anxiety and depression.
4. Name 3 respiratory disorders that have an association with low back pain.
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Which of the following is a primary muscle of exhalation?
   1. Sternocleidomastoid
   2. Diaphragm
   3. Latissimus Dorsi
   4. Abdominals