1. The incidence of back pain in the U.S. is:
   a. one in 50 Americans
   b. two in 70 Americans
   c. five in 80 Americans
   d. eight in 10 Americans

2. Which of the following was NOT considered a factor in the rising incidence of back pain in Freburger's study?
   a. obesity
   b. depression
   c. changes in the state's workforce
   d. age

3. A recent Cochrane review published in the journal Spine found:
   a. too many surgical procedures for back pain are done unnecessarily
   b. moderate evidence supporting the efficacy of heat wrap therapy for patients with acute and subacute back pain
   c. complementary therapies for chronic back pain have not proved to be cost-effective
   d. over-the-counter medications provide only minimal relief for patients with chronic back pain

4. When exercise is prescribed for chronic back pain, it should always be combined with:
   a. muscle relaxants
   b. analgesics
   c. movement-based activities
   d. heat therapy

5. The current unifying theory of chronic back pain among researchers is:
   a. it can't be treated unless its cause is confirmed
   b. if a patient doesn't respond to multidisciplinary interventions, the cause of the pain may be psychiatric
   c. chronic pain is a separate and distinct phenomenon compared to other types of back pain
   d. healthcare practitioners have embraced the new research and individualized treatment plans accordingly

6. In Freburger's research, the percentage of people prescribed exercise for low back pain or neck pain was less than:
   a. 10 percent
   b. 25 percent
   c. 50 percent
   d. 75 percent

7. Recent mega-studies sponsored by federal agencies such as the National Institutes of Health about the use of surgery as treatment for back pain are helping to:
   a. dispel some of the mysteries of surgery as a treatment modality
   b. recommend surgery for back pain as the last treatment option
   c. encourage more people with back pain to try complementary therapies
   d. encourage more collaboration between practitioners of patients' treatment plans

8. An article in the February 2009 Journal of American Academy of Orthopaedic Surgeons concluded the best treatment for degenerative disc disease is:
   a. spinal fusion
   b. physical therapy and anti-inflammatory medications before surgery is considered
   c. nonsurgical spine decompression
   d. laminectomy

9. The annual cost of back pain in the U.S. is $100 billion, according to Freburger. Two-thirds of this cost goes to:
   a. prescription drugs
   b. doctor visits
   c. treatments classified as quackery
   d. lost productivity and decreased wages

10. When treating patients for back pain, practitioners should always tell patients:
    a. finding a cause for their pain will take a long time
    b. insurance generally does not pay for all treatment modalities
    c. their pain is real
    d. they should not seek treatment from more than one practitioner

---

### Evaluation

1. I can discuss the prevalence and incidence of back pain today in the U.S.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

2. I can compare and contrast nociceptive and neuropathic-related pain.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

3. I can identify two innovative interventions for chronic back pain.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

4. The objectives relate to the overall goal of the article.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

5. The article is well-written and logically organized, and defines terms adequately.
   a. strongly agree
   b. agree
   c. neutral
   d. disagree
   e. strongly disagree

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9. A B C D  
10. A B C D

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