Home Study Test Questions - Dynamic Lower Body Course

The following questions are asking about content from the videos in the 6 USB Set

Please record your answers on the Answer Sheet

1. Harrison Fryette's 1st Law of Spinal Motion states "rotation and sidebending occur to _____sides."
   [ ] a. opposite
   [ ] b. both
   [ ] c. many
   [ ] d. all the above

2. The Myoskeletal Approach uses "bones as levers to release deep spinal muscles."
   [ ] a. true
   [ ] b. false

3. Groove work can be done with elbows, fists, or fingers to release the deep _____ muscles and joint capsules.
   [ ] a. multifidus
   [ ] b. rotatores
   [ ] c. intertransversarii
   [ ] d. all the above

4. When applyling the Law of Inertia to muscle tissue, we slowly take up the slack and apply core pressure as the tissue begins to move.
   [ ] a. true
   [ ] b. false

5. When joints are fixated, the mechanoreceptors can inhibit the_____ that cross the joint.
   [ ] a. muscles
   [ ] b. blood vessels
   [ ] c. arteries
   [ ] d. none of the above

6. The most common area of foot dysfunction is tearing of the plantar fascia from the _____bone.
   [ ] a. calcaneus
   [ ] b. talus
   [ ] c. navicular
   [ ] d. cuboid

7. The goal of hip joint work is to mobilize in all three _____planes.
   [ ] a. cardinal
   [ ] b. synthetic
   [ ] c. sidebending
   [ ] d. jet

8. For those who have too much lumbar lordosis, we move the tissue_____.
   [ ] a. lateral to medial
   [ ] b. medial to lateral
   [ ] c. superiorly
   [ ] d. inferiorly

9. Knuckles can be used in the Myoskeletal Method, but proper use of thumbs is also a great tool when used correctly.
   [ ] a. true
   [ ] b. false

10. When treating facet joint dysfunctions, our goal is to release which muscles?
   [ ] a. transversospinalis
   [ ] b. suboccipitals
   [ ] c. splenius capitis
   [ ] d. tibilias anterior

11. When we put the client in the fetal position, we're asking the facets to open or close?
   [ ] a. open
   [ ] b. close

12. If the facet joint is not opening the bones will push back against you.
   [ ] a. true
   [ ] b. false

Questions on the following pages are asking about content found in the Dynamic Lower Body Textbook

Please record your answers on the Answer Sheet

Art Riggs - *Refine Your Touch*

13. In his chapter "Refine Your Touch" Art Riggs cites a comment made by Erik Dalton when asked what element needs to be improved in massage education:
    [ ] a. new techniques
    [ ] b. body Mechanics
    [ ] c. assessment
    [ ] d. more training in touch

14. The goal of effective bodywork is to:
    [ ] a. work with the intent of "no pain, no gain"
    [ ] b. impress your client so they come back
    [ ] c. your work should be intense, yet productive
    [ ] d. all of the above

15. Working too hard or too quickly can result in which type of pain classification?
    [ ] a. pain entering the body, from injury or other external causes
    [ ] b. pain stored in the body's tissues
    [ ] c. pain leaving the body
    [ ] d. all of the above

16. Frequently people will feel transitory alleviation of symptoms, but quickly return to normal because:
    [ ] a. their pain is chronic
    [ ] b. their pain is psychosomatic
    [ ] c. the work was too superficial to accomplish lasting change
    [ ] d. their pain is congenital

17. Therapists sometimes impose unnecessary discomfort primarily due to poorly developed skills of touch, but also because:
    [ ] a. they are inexperienced
    [ ] b. the school/program they completed was inadequate
    [ ] c. they are not taking into account the emotional aspects of pain and their own subjective connection with the client
    [ ] d. both a and c

18. Indicators that your client is nearing their pain threshold include:
    [ ] a. curling fingers or toes
    [ ] b. changes in breathing
    [ ] c. changes in facial expressions
    [ ] d. all of the above

19. Intense work stimulates the sympathetic nervous system. After the release that comes with this work leave time for more nurturing and gentle work to:
    [ ] a. wind down the session
    [ ] b. let your hands rest
    [ ] c. return the nervous system to balance
    [ ] d. all of the above

Erik Dalton - *May the Course Be With You*

20. In Erik Dalton's "May the Course Be With You," it states: "Researchers agree that back injuries are the bane of a golfer's existence and are primarily related to:
    [ ] a. improper swing mechanics
    [ ] b. repetitive nature of the game
    [ ] c. high arches
    [ ] d. both a & b

21. The art of leading the golf swing with the hips requires precise_____ muscle sequencing.
    [ ] a. resistant
    [ ] b. eccentric-concentric
    [ ] c. forceful
    [ ] d. none of the above

22. Another cause of golfer's back pain is called the_____ factor.
    [ ] a. leg length
    [ ] b. crunch
    [ ] c. fracture
    [ ] d. multifidus

23. Even if the golfer's pain is manifesting in the low back, neck, or rotator cuff, I must address the "disconnect" at the fixated hip joint first.
    [ ] a. true
    [ ] b. false

24. Once the thorax is arched and the back is swayed during setup, the golfer can no longer "hinge" from the hips and is unable to maintain the spine in a stable neutral position.
    [ ] a. true
    [ ] b. false

25. The Myoskeletal approach is to correct scoliosis first and then address abnormal upper and lower crossed patterns.
    [ ] a. true
    [ ] b. false

26. Typically, I'll assign a dozen or more home retraining exercises after each session.
    [ ] a. true
    [ ] b. false

27. To prevent injury, golfers must possess a learned sequencing ability that allows them to _____and _____ muscles fluidly and flawlessly.
    [ ] a. extend and flex
    [ ] b. sidebend and rotate
    [ ] c. contract and relax
    [ ] d. all the above

28. The primary function of joints is to transmit stress when stabilized by muscle contraction.
    [ ] a. true
    [ ] b. false

Judith Aston - *Aston Kinetics*

29. Judith Aston is widely recognized as a pioneer in the art and science of
    [ ] a. ballet
    [ ] b. kinetics
    [ ] c. cycling
    [ ] d. dance

30. Kinetics seeks to recognize which asymmetries are natural to a person's body.
    [ ] a. true
    [ ] b. false

31. Aston Kinetics is a
    [ ] a. 180º by 180º perspective of the human body
    [ ] b. 360º by 360º perspective of the human body
    [ ] c. 100% perspective of the human body
    [ ] d. 90º by 90º perspective of the human body

32. In moving through our lives, we all come to places where our movement is not what we would like it to be because:
    [ ] a. we may sustain an injury
    [ ] b. we participate in a sport and want to perform better
    [ ] c. we feel sluggish and want to move more
    [ ] d. all of the above

33. Judith developed the System at the request of
    [ ] a. Erik Dalton
    [ ] 2. Philip Greenman
    [ ] 3. Dr. Ida Rolf
    [ ] 4. Vladimir Janda

34. The two opposing forces that shape our bodies and influence our movements, all day, everyday are:
    [ ] a. exercise vs. inactivity
    [ ] b. gravity and GRF
    [ ] c. family and friends
    [ ] d. time and energy

35. GRF stands for
    [ ] a. Ground Reaction Force
    [ ] b. Get Right First
    [ ] c. Ground Reflection Force
    [ ] d. Gravity Reaction Force

36. No Human is symmetrical
    [ ] a. true
    [ ] b. false

Til Luchau - *John Wayne, Marilyn Monroe, and Goldilocks*

37. Til Luchau states there are two predominant methods for laterally shifting one's center of gravity over the standing leg. They are:
    [ ] a. shifting the head and shoulders
    [ ] b. shifting the shoulder girdle or the pelvic girdle
    [ ] c. shifting the head and pelvic girdle
    [ ] d. shifting the shoulder girdle and the femur

38. In the shoulder shift, the shoulder girdle and upper body shift over the standing leg to allow the _____ to be lifted:
    [ ] a. ipsilateral leg
    [ ] b. contralateral leg
    [ ] c. swinging leg
    [ ] d. both B and C

39. Piriformis syndrome occurs _____ times more frequently in women than men.
    [ ] a. 6
    [ ] b. 8
    [ ] c. 3
    [ ] d. none of the above

40. Lumbar disk issues are more common in women than men.
    [ ] a. true
    [ ] b. false

41. What are you looking for when assessing hip shift by having your client lift the knee?
    [ ] a. the direction the sacrum moves
    [ ] b. the direction the head moves
    [ ] c. shoulder girdle, pelvic girdle shift
    [ ] d. rotation of the right or left hip

42. A shorter leg will cause increased hip shift to the same side:
    [ ] a. true
    [ ] b. false

Gil Hedley - *Reconsidering "The Fuzz"*

43. Gil Hedley coined the term "somanaut". He defines it as:
    [ ] a. those who explore the mind body connection
    [ ] b. those who study the body in space
    [ ] c. those who study the body in water
    [ ] d. those who explore the inner space of human anatomy

44. Hedley refers to the transition zone between the superficial and deep fascia as:
    [ ] a. flimsy fascia
    [ ] b. filmy fascia
    [ ] c. septa
    [ ] d. loose fascia

45. Muscles often relate to each other through filmy fascia. When pulled apart, these fascia look like:
    [ ] a. gelatin
    [ ] b. butter
    [ ] c. fuzzy cotton candy
    [ ] d. none of the above

46. Hedley uses the term "fuzz" as a metaphor for tissue production and bonding at a molecular level.
    [ ] a. true
    [ ] b. false

47. What starts as a pattern of muscular contraction, if repeated habitually, will eventually be mirrored in the fascial architecture and ultimately in the:
    [ ] a. facial expressions
    [ ] b. tendons
    [ ] c. ligaments
    [ ] d. bony architecture

48. In the living, inflammation from popping or tearing adherent tissues could:
    [ ] a. stimulate healing
    [ ] b. result in the tissues sticking back together again
    [ ] c. create more movement in the tissues
    [ ] d. none of the above

Craig Liebenson - *A Rehabilitation Roadmap*

49. In Craig Liebenson's chapter on page 75, he states: "The body should be viewed as a kinetic chain that involves regional interdependence." An example would be:
    [ ] a. feet impairment that may predispose to knee, hip, or back injury
    [ ] b. forward head posture that predisposes to headaches
    [ ] c. hyperpronation leading to runner's knee
    [ ] d. none of the above

50. Usually, the strongest person is not the best athlete, and strength has not been shown to prevent injury.
    [ ] a. true
    [ ] b. false

51. Stability and mobility go hand-in-hand. Often, stiff joints or tight muscles alter movement patterns, resulting in _____.
    [ ] a. pain
    [ ] b. disease
    [ ] c. aberrant firing order patterns
    [ ] d. instability

52. A loss of the natural lumbar curve can be correlated with poor mobility of the ankles.
    [ ] a. true
    [ ] b. false

53. Preliminary data from Stuart M. McGill, professor of kinesiology and director of the Spine Biomechanics Laboratory at the University of Waterloo, suggests that decreased hip extension mobility may be predictive of disabling low back pain (LBP).
    [ ] a. true
    [ ] b. false

54. More recently, physical therapist Gray Cook has created a functional movement screen (FMS) and selective functional movement (SFMA). These tools can be used to identify basic movement pattern faults that exist _____of the patient's musculoskeletal problem.
    [ ] a. downstream
    [ ] b. upstream
    [ ] c. independently
    [ ] d. none of the above

55. Making a proper determination requires an empirical process that involves testing, correcting, and re-testing. This is called the:
    [ ] a. clinical audit process
    [ ] b. upper crossed test
    [ ] c. lower crossed test
    [ ] d. orthopedic examination

Adjo Zorn, Kai Hodeck - *Walk With Elastic Fascia*

56. Adjo Zorn and Kai Hodeck are both members of the Fascia Research Project team at Ulm University.
    [ ] a. true
    [ ] b. false

57. Seen from the eyes of other species, human beings have:
    [ ] a. a lot less hair
    [ ] b. a strange style of walking
    [ ] c. strange skin
    [ ] d. a unique odor

58. The first explanation of how energy is conserved while walking came in the year 1836 from two famous brothers:
    [ ] a. Wilhelm and Jacob Grimm
    [ ] b. Orville and Wilbur Wright
    [ ] c. Wilhelm and Ernst Weber
    [ ] d. Harvy and Edward Johnson

59. The "inverted pendulum," is more widely accepted as providing a significant contribution to saving energy.
    [ ] a. true
    [ ] b. false

60. In the 1960s, Italian researcher Giovanni Cavagna became famous for his correct prediction that the first astronauts on the moon would:
    [ ] a. plant a flag
    [ ] b. not walk, but hop.
    [ ] c. be able to run
    [ ] d. have trouble standing

61. The inverted pendulum converts kinetic energy into:
    [ ] a. the ground
    [ ] b. upward movement
    [ ] c. potential energy,
    [ ] d. reverse pendulum

62. What is the most common tissue in the human body?
    [ ] a. elastic fascia
    [ ] b. skin
    [ ] c. muscles
    [ ] d. tendons

63. Colla is the Greek word for:
    [ ] a. soda pop
    [ ] b. glue
    [ ] c. gluteus maximus
    [ ] d. none of the above

64. In the Well-Heeled Chapter page 126, Dr. Suzanne Levine, a New York City surgeon and socialite states that, "Wearing heels greater than two inches puts about _____ times the body weight entirely on the ball of the foot."
    [ ] a. four
    [ ] b. two
    [ ] c. three
    [ ] d. ten

65. The term researchers use to describe the slope, or slant, of the heel, from rear to front, is the "____ ____ _____."
    [ ] a. heel lift angle
    [ ] b. high heel angle
    [ ] c. heel wedge angle
    [ ] d. none of the above

66. Given time, however, the brain – through a process called _____, reluctantly adapts to the abnormal movement postures and relearns them as "normal."
    [ ] a. sensitization
    [ ] b. reflex entrainment
    [ ] c. spinal learning
    [ ] d. neuroplasticity

67. Manual and functional movement methods may provide temporary relief from the distress symptoms associated with wearing high-heels, but these modest gains will not be effective when it comes to re-establishing natural gait.
    [ ] a. true
    [ ] b. false

68. To stretch iliopsoas, the therapist braces the hip with his left hand and pulls the right extended leg back into extension.
    [ ] a. true
    [ ] b. false

Robert Schleip - *Fascia as a Sensory Organ*

69. The Golgi organs, Ruffini receptors, Pacini corpuscles and Interstitial receptors are collectively called:
    [ ] a. fascial receptors
    [ ] b. proprioceptors
    [ ] c. fascial mechanoreceptors
    [ ] d. nerve endings

70. It has been demonstrated that deep mechanical pressure to the human abdominal region or sustained pressure to the pelvis produces parasympathetic reflex responses which include:
    [ ] a. decreased vagal activity
    [ ] b. increased vagal activity
    [ ] c. decreased EMG activity
    [ ] d. b and c

71. Deep mechanical pressure to the abdominal area and sustained pressure to the pelvis cause a person to be more anxious.
    [ ] a. true
    [ ] b. false

72. Many of the sensory neurons of the enteric brain are mechanoreceptors, which-if activated-trigger, among other responses, important neuroendocrine changes.
    These include a change in the production of:
    [ ] a. estrogen, testosterone
    [ ] b. serotonin
    [ ] c. hydrocortisone
    [ ] d. thyroxine

73. Stimulating Golgi tendon organs results in increased tonus in related striated motor fibers:
    [ ] a. true
    [ ] b. false

74. Interstitial receptors are found in:
    [ ] a. joint capsules
    [ ] b. dura mater
    [ ] c. investing muscular tissues
    [ ] d. most abundant receptor type, found almost everywhere

Tom Myers - *An Introduction to Anatomy Trains*

75. In Tom Myers' chapter on page 168, he states. "Thinking in "wholes," attractive as it is to contemporary holistic therapists, simply has yet to lead to useful maps. The "everything is connected to everything else" philosophy expounded earlier in this chapter, actually technically accurate, leaves the practitioner adrift in this sea of connections, unsure as to whether that frozen shoulder will respond to work in the elbow, the contralateral hip, or to a reflex point on the ipsilateral foot."
    [ ] a. true
    [ ] b. false

76. In short, we know the body interconnects on many levels, but we need better treatment strategies than ____ and ____.
    [ ] a. touch and feel
    [ ] b. palpate and dig
    [ ] c. press and pray
    [ ] d. none of the above

77. "There is, in fact, only one muscle. One mind, and one muscle – it just hangs around in six hundred pockets within the unitary fascial bag."
    [ ] a. true
    [ ] b. false

78. What kind of structures when stressed, tend to distribute rather than concentrate strain? The body does the same, with the result that local injuries soon become global strain patterns.
    [ ] a. tensegrity
    [ ] b. musculoskeletal
    [ ] c. ligamentous
    [ ] d. articular

Jerry Hesch - *Sacral Torsion About an Oblique Axis*

79. The Hesch Method evaluates passive motion in non weight-bearing contexts so that:
    [ ] a. it is easier on the practitioner
    [ ] b. greater inter-tester reliability
    [ ] c. upright and compressive ligamentous forces are significantly reduced
    [ ] d. all of the above

80. In addition to hormones and pregnancy, there are other causes of hypermobility in the SIJ caused by:
    [ ] a. trauma
    [ ] b. lumbar fusion
    [ ] c. congenital
    [ ] d. all of the above

81. With the Hesch Method we are screening for treatable motion that is blocked, not allowing forces to travel through the SIJ, as opposed to the illusion that we can discern motion loss in the SIJ.
    [ ] a. true
    [ ] b. false

82. In SIJD which ligaments will have altered tone?
    [ ] a. sacrotuberous
    [ ] b. sacrospinous
    [ ] c. long dorsal SIJ ligaments
    [ ] d. all of the above

83. When torsion is present you will be able to spring three sacral quadrants. However, you will not be able to:
    [ ] a. spring the fourth quadrant
    [ ] b. take up the slack on the three quadrants
    [ ] c. take up the slack on the prominent and stuck quadrant
    [ ] d. none of the above

84. The most common torsion is:
    [ ] a. left rotation about the left upper oblique axis
    [ ] b. left rotation about the upper right oblique axis
    [ ] c. right rotation about the right upper oblique axis
    [ ] d. right rotation about the upper left oblique axis

Erik Dalton - *Vicious Cycle*

85. In Erik Dalton's "Vicious Cycle" chapter, he states, "Without hands-on maintenance and functional fine-tuning, cyclists often unknowingly reinforce what?
    [ ] a. dysfunctional movement patterns
    [ ] b. bad biking habits
    [ ] c. neck dysfunction
    [ ] d. none of the above

86. Who found that core stabilization muscles, such as the multifidus, sometimes atrophy within 24 hours following facet joint injury?
    [ ] a. Craig Liebenson
    [ ] b. Thomas Myers
    [ ] c. James Waslaski
    [ ] d. Stuart McGill

87. A common muscle imbalance problem among the "flexiholic" bike population is hip flexors that are locked short, and hamstrings and _____ that are overstretched and weak.
    [ ] a. quads
    [ ] b. abdominals
    [ ] c. gluteals
    [ ] d. neck flexors

88. The first order of business when treating adhesive (motion-restricted) hip capsules is to mobilize the femoroacetabular joint in all three cardinal planes.
    [ ] a. true
    [ ] b. false

89. Once the low back and hips are aligned and stabilized, ribcage mobility and _____ dysfunctions must be addressed.
    [ ] a. stability
    [ ] b. joint
    [ ] c. ligament
    [ ] d. breathing

90. It appears the ITB is actually prevented from rolling over the epicondyle, partly because of its femoral anchorage, and partly because its fibers are bound tightly to the tough, enveloping fascia lata.
    [ ] a. true
    [ ] b. false

91. When managing chronic injuries, it's vital to precisely identify the anatomical structure at fault, and weed out any risk factors that may predispose the client to injury.
    [ ] a. true
    [ ] b. false

Aline Newton - *Stabilization: The Core and Beyond*

92. Aline Newton is a _____
    [ ] a. Myoskeletal Instructor
    [ ] b. Certified Advanced Rolfer®
    [ ] c. Chiropractor
    [ ] d. Reiki Master

93. "Core health" is short-hand for:
    [ ] a. head to toe health
    [ ] b. an effectively stabilized low back
    [ ] c. an apple a day keeps the doctor away
    [ ] d. strong abdominal muscles

94. Banda "uddlyana" is the basic movment of:
    [ ] a. indian dance
    [ ] b. proper sit ups
    [ ] c. drawing the navel toward the spine
    [ ] d. working with a band

95. The basic model of stabilization applies to
    [ ] a. all our joints
    [ ] b. our muscles only
    [ ] c. only muscles and tendons
    [ ] d. none of the above

96. Lumbar multifidus and transversus abdominis are the core stabilizers of the low back.
    [ ] a. true
    [ ] b. false

James Waslaski - *Treating Tendinosis Conditions*

97. James Waslaski is an author and international lecturer on chronic pain and sports injuries,
[ ] a. true
[ ] b. false

98. We propose a treatment for tendinosis using _____ _____ friction to soften the scar tissue.
[ ] a. deep tissue
[ ] b. multidirectional
[ ] c. palpation
[ ] d. None of the above

99. Overuse tendinopathies are common injuries, usually caused by collagen degeneration and, by definition, tendinosis.
[ ] a. true
[ ] b. false

100. The use of NSAIDs and corticosteroids is necessarily in anti-inflammatory strategies.
[ ] a. true
[ ] b. false

101. The cross fiber friction is intended to:
[ ] a. mobilize the collagen fibers
[ ] b. realign the scar tissue
[ ] c. make movement less painful
[ ] d. all of the above

102. Deep cross fiber friction is only necessary in the presence of a muscle strain.
[ ] a. true
[ ] b. false

103. It is _____ to re-evaluate the client each time he or she returns for therapy.
[ ] a. not necessary
[ ] b. essential
[ ] c. helpful
[ ] d. a good idea

104. Tendinosis is often due to prolonged or excessive load on tendon attachments of muscles.
[ ] a. true
[ ] b. false

Serge Gracovetsky - *The Coupled Motion of the Spine*

105. Serge Gracovetsky states that the wide range of human physical activities obscures the relative simplicity of the physics behind movement.
    [ ] a. true
    [ ] b. false

106. It is reasonable to inquire how much of the leg may be removed before human bipedal gait is impaired. Surprisingly, the answer is:
    [ ] a. from the knee down
    [ ] b. everything below the ankle
    [ ] c. all of it
    [ ] d. nothing

107. Lordosis is not present in the spine at the early stages of fetal development.
    [ ] a. true
    [ ] b. false

108. The efficient exchange of energy between pelvis and shoulder is made possible by the oscillating nature of_____.
    [ ] a. gait
    [ ] b. the arms
    [ ] c. the feet
    [ ] d. the spine

109. One important role of the spine is to redirect the action of the powerful leg muscles into an axial torque that uses Earth's gravitational field as intermediary energy storage.
    [ ] a. true
    [ ] b. false

Erik Dalton - *Human Silly Putty*

110. In "Human Silly Putty" Erik Dalton states that the "weight of gravity – 14.7 pounds per square inch – pushes straight down on our bodies and that this compressive force should be equally distributed throughout the neuro-myoskeletal system."
[ ] a. true
[ ] b. false

111. Typically, when we see cases of upward shearing of the ilium on the sacrum, the person's SI joints are lacking either ____ or _____ closure.
[ ] a.open or total
[ ] b.form or force
[ ] c.open or complete
[ ] d.all the above

112. Prolonged cyclical loading can deform SI joint ligaments to the point where an act as innocent as slamming on the brake, tumbling on one hip, or clumsily stepping off a curb can jostle the joint enough to cause the_____to "jump-a-notch" on the sacrum.
[ ] a. ischium
[ ] b. pubis
[ ] c. ilium
[ ] d. lumbar spine

113. When the brain senses_____, it may decide to lock down the area with protective muscle guarding.
[ ] a. irritation
[ ] b. neurosis
[ ] c. psychosis
[ ] d. instability

114. Once the joint is dislodged through injury, it is too late to functionally strengthen the tissues – it does no good to build a house on a faulty foundation.
[ ] a. true
[ ] b. false

115. We must never forget that_____is a protective attempt by the organism to remove the injurious stimuli and initiate the healing process. Inflammation is not a synonym for infection, even in cases where inflammation is caused by infection.
[ ] a. muscle spasm
[ ] b. nociception
[ ] c. mechanoreception
[ ] d. inflammation

Robert Irvin - *Enduring Relief of Chronic Pain*

116. Robert Irvin is a DO in private practice with a focus on postural orthopedics.
   [ ] a. true
   [ ] b. false

117. The body responds to gravitation and mechanical stress with posture. Even subtle imbalances in a patient's posture can cause:
   [ ] a. dysfunction, pain, inflammation and degeneration
   [ ] b. you to trip and fall
   [ ] c. people to make fun of your posture
   [ ] d. your clothes to not fit correctly

118. Which method focuses on correcting the effects of postural imbalance?
   [ ] a. standard therapeutics
   [ ] b. postural therapeutics
   [ ] c. recurring therapeutics
   [ ] d. creative therapeutics

119. The chapter on Using Orthotics to Correct Postural Imbalance discusses how
   [ ] a. to measure and diagnose postural imbalances
   [ ] b. orthopedic inserts cannot help with these conditions
   [ ] c. the feet have nothing to do with supporting the body weight
   [ ] d. genu valgus has no effect on chronic pain and spasms of the low back

120. Postural imbalance can cause a patient's entire frame to become
   [ ] a. destabilized
   [ ] b. uncomfortable
   [ ] c. funny looking
   [ ] d. none of the above

121. Via orthotics, postural therapists can directly and enduringly correct imbalances in the feet and attitude of the sacral base, which serve as origins of overall postural imbalance.
   [ ] a. true
   [ ] b. false

122. Foot orthotics are_____
   [ ] a. wearing the best athletic shoes
   [ ] b. shoe inserts that can correct the most common disarrangement of the feet and ankles
   [ ] c. making sure you are wearing the correct size shoe
   [ ] d. shoes without heels

123. Genu Valgus is
   [ ] a. swollen ankles
   [ ] b. knock knees
   [ ] c. bow legs
   [ ] d. hammer toes

124. Foot orthotics have the greatest effect on posture in the sagittal plane.
   [ ] a. true
   [ ] b. false

Robert Schliep and Divo Muller - *Fascial Fitness*

125. In "Fascial Fitness" Divo Muller and Robert Schleip assert that a dynamic muscular loading pattern, in which the muscle is both activated and extended, promises a more comprehensive stimulation of fascial tissues than either classical weight training or Hatha yoga stretches. One can achieve this loading pattern by activating the muscle against resistance in a lengthened position.
    [ ] a. true
    [ ] b. false

126. Stretching before competition is helpful:
    [ ] a. true
    [ ] b. false

127. When movements become too repetitive our body ceases to "pay attention" and our sense of proprioception cannot be properly engaged. To prevent such a sensory dampening, we need to keep our exercises:
    [ ] a. shorter
    [ ] b. longer
    [ ] c. varied
    [ ] d. all of the above

128. Recent findings indicate that the superficial fascial layers of the body are in fact, more densely populated with mechanoreceptive nerve endings than tissue situated more internally.
    [ ] a. true
    [ ] b. false

129. In addition to slow and fast dynamic stretches as well as utilizing elastic recoil properties Muller and Schleip recommend "fascial refinement" training that experiments with:
    [ ] a. strength training
    [ ] b. stretching
    [ ] c. various qualities of movement
    [ ] d. all of the above

Erik Dalton - *Weak in the Knees*

130. In Erik Dalton's "Weak in the Knees" chapter, he states that what term has become an umbrella for so many conditions that it no longer means much of anything, and should probably be discarded from the medical dictionary?
[ ] a. indigestion
[ ] b. fibromyalgia
[ ] c. irritable bowel syndrome
[ ] d. chondromalacia

131. The term alta denotes a kneecap that sits too low, and baja denotes a kneecap that sits too high.
[ ] a. true
[ ] b. false

132. Functionally, it could be said that the knee is a slave to the hips and ankles, and is, therefore what?
[ ] a. a facilitated segment
[ ] b. a wounded warrior
[ ] c. a dumb joint
[ ] d. all the above

133. In a way, the patellofemoral joint serves as a "pain center" for functional problems that may begin as far south as the feet and as far north as the pelvis.
[ ] a. true
[ ] b. false

134. Examination goals typically begin with ____ and anatomic landmark evaluations, followed by functional analysis of length-strength imbalances of the lower quadrant.
[ ] a. palpation
[ ] b. stretching
[ ] c. strengthening
[ ] d. gait

135. To support the alignment process, the client should always be given functional home retraining exercises to be performed weekly.
[ ] a. true
[ ] b. false

136. Therapists must resist the temptation to dump all anterior knee pain into a neat category. Instead, we should rely on our clinical examination to guide our treatment plan, seeking out functional deficits, such as length-strength imbalances and what?
[ ] a. pronated feet
[ ] b. supinated feet
[ ] c. knock knees
[ ] d. loss of joint play

137. Manual therapy, along with well-designed and executed corrective exercises, will help restore and maintain the movement quality of joints. Ultimately, this treatment will increase movement pattern dysfunctions, and permit the body's natural healing processes to function optimally.
[ ] a. true
[ ] b. false

Aaron Mattes - *Active Isolated Stretching*

138. Aaron Mattes is the creator of Active Isolated Stretching, which is also called:
   [ ] a. AMIS
   [ ] b. ASIS
   [ ] c. TMM
   [ ] d. AIS

139. Flexibility decreases gradually after birth
   [ ] a. true
   [ ] b. false

140. The primary obstacle to flexibility is _____.
   [ ] a. tightness of the soft tissue around the joint
   [ ] b. sore joints
   [ ] c. just don't find the time to stretch
   [ ] d. need someone to help me

141. Traditional static stretching advocates prolonged holding of a stretch, which can decrease the blood flow to an area causing:
   [ ] a. Lactic acid buildup
   [ ] b. Injury to soft tissue
   [ ] c. A trigger of the protective myotatic reflex contraction.
   [ ] d. All of the above

142. The stretch action should:
   [ ] a. never be painful
   [ ] b. always be painful, no pain - no gain
   [ ] c. last about a minute, with heavy pressure
   [ ] d. make the muscles sore

143. Although we often refer to the area being stretched as a "muscle," this area actually encompasses muscles, tendons, ligaments, and fascia around a specific joint. It is a myofascial stretch.
   [ ] a. true
   [ ] b. false