

Test Questions - Motion is Lotion Home Study Course

Please circle the correct letter on the Answer Sheets

USB #1

1. In Case Study #1, Erik and Paul find that Matt has a _____ pattern that may be contributing to his neck pain.
 - a. rotational
 - b. sidebending
 - c. translational
 - d. hamstring

2. Viewed from behind, Matt's key back pain complaint is centered in his _____ spine.
 - a. transabdominal
 - b. thoracic
 - c. lumbar
 - d. none of the above

3. In the mid-thoracic spine, it is common to find an area around bra line where the facet joints are not _____.
 - a. opening
 - b. closing
 - c. sidebending
 - d. rotating

4. When Matt flexes his neck toward his chest, the cervical spine _____ to the right.
 - a. sidebends
 - b. translates
 - c. extends
 - d. backbends

5. The goal of Myoskeletal Alignment is to level the _____ and _____.
 - a. head and shoulders
 - b. hips and arches
 - c. head and tail
 - d. ribcage and pelvic girdle

6. When assessing to see if the client's head rolls back nicely on the neck, the client is asked to tuck his _____ toward his _____.
 - a. chin to chest
 - b. head to shoulder
 - c. chin to shoulder
 - d. none of the above

7. During the O-A Assessment and Treatment, therapist adds _____ seconds of overpressure as the chin reaches its end range of motion.
 - a. four
 - b. three
 - c. two
 - d. five

8. During the O-A maneuver, the therapist notes the type of _____. Is it leathery, spongy or hard?
 - a. endfeel
 - b. rotation
 - c. sidebending
 - d. translation

9. During the atlas-axis (A-A) technique, the therapist flexes client's head _____ degrees to ligamentously lock the typical cervical vertebrae (C2 – C7).
 - a. 75
 - b. 15
 - c. 45
 - d. 25

10. Therapist rotates client's head right and left along a _____ axis making sure not to let the head drop.
 - a. vertical
 - b. horizontal
 - c. transverse
 - d. diagonal

11. Do not allow client's head to drop during this maneuver. Use _____ if they turn too hard.

- a. an elbow
- b. eye enhancers
- c. your fingers
- d. all the above

12. After performing the O-A and A-A routines, therapist's hands grasp client's neck with fingers draping the _____ muscles and gently decompress.

- a. SCM
- b. scalene
- c. suboccipital
- d. lower trapezius

13. To address client's tight diagonal line, therapist snakes his _____ arm around client's biceps and braces against his body.

- a. left
- b. right
- c. extended
- d. sidebent

14. Therapist's left hand softly contacts client's contralateral (lower) _____.

- a. pelvic girdle
- b. cervical spine
- c. lumbar spine
- d. thorax (ribcage)

15. In this stretching routine, client is asked to gently pull his _____ towards his _____ hip.

- a. knee - right
- b. shoulder - left
- c. elbow - right
- d. elbow - left

16. In action B of this routine, therapist snakes _____ arm around client's knee and _____ client's leg.

- a. left - abducts
- b. right - abducts
- c. left - adducts
- d. left - adducts

17. In the Facet Closing routine, one of the goals is to release the _____ groove muscles that are preventing upper t-spine joints from _____.

- a. erector spinae - opening
- b. levator scapulae - closing
- c. transversospinalis - closing
- d. transversospinalis - opening

18. With client prone and face in the cradle, therapist asks client to slowly _____ head while keeping his _____ tucked.

- a. raise - chin
- b. raise - pelvis
- c. sidebend - chin
- d. rotate - pelvis

19. In the Facet Closing routine, therapist uses both _____ and _____ to glide into the lamina groove tissue and drag inferiorly.

- a. fingers and knuckles
- b. thumbs and elbows
- c. fists and knuckles
- d. knuckles and fists

20. In the Restoring Normal T-spine Kyphosis segment, if the client presents with a flat spot in the t-spine, therapist's fingers move the tissue _____ to _____.

- a. lateral to medial
- b. medial to lateral
- c. superior to inferior
- d. inferior to superior

21. To treat the flat spot, therapist's fingers contact the _____ lamina groove and push the tissue away from the spine.

- a. ipsilateral
- b. unilateral
- c. contralateral
- d. multilateral

22. In the Reposition Scapula technique, the therapist's left hand slides under client's anterior _____ and his right _____ braces client's scapula.

- a. scalenes – arm
- b. shoulder – palm
- c. scapula – elbow
- d. scalenes – scapula

23. Client is instructed to push his _____ towards the table to a count of _____ and relax.

- a. elbow – five
- b. shoulder – five
- c. head – three
- d. none of the above

24. Therapist awaits a _____ relaxation and gently increases the _____ muscles stretch.

- a. post-isometric – pectoral
- b. Golgi Tendon Organ – pectoral
- c. post-isometric – rotator cuff
- d. post-isometric – levator scapula

25. In the Home Retraining segment, the goal is to remove the restriction, _____ the weak line, _____ the tight line and establish _____ stability.

- a. lengthen – strengthen – trunk
- b. strengthen – lengthen – core
- c. lengthen – strengthen – core
- d. release – strengthen – core

26. Client steps back into a _____ position with right leg and pulls against TheraBand resistance with his right arm at _____.

- a. squat – his side
- b. plank – 90-90
- c. lunge – 90-90
- d. warrior – rest

27. In section B of the retraining, the Turkish Get-up starts in a _____ position with client on the floor.

- a. fetal
- b. lunge
- c. squat
- d. supine

28. The client can use a _____ to increase strength during the Get-Up.

- a. TheraBand
- b. barbell
- c. TRX
- d. kettlebell

29. In Action C, the client begins the Bretzel exercise by pulling top leg to _____ and _____ under right leg to _____ the lateral calf.

- a. chest – reaching – grasp
- b. chest – grasping – depress
- c. 90-90 – grasping – stretch
- d. 90-90 – stretching - grasp

30. The final goal of the Bretzel is with both _____ touching the floor.

- a. arms
- b. legs
- c. shoulders
- d. elbows

31. In Case Study #2 Treating Dowager's Hump, therapist begins by lifting the client's ribcage using a seated _____ release to improve breathing. a.

- diaphragm
- b. pec minor
- c. thoracolumbar fascia
- d. psoas

32. In the diaphragm release, as the client turns her head and rotates her torso right, fingers of the therapist's _____ hand stretch the _____ side of the diaphragm.

- a. right – right
- b. left – left
- c. right – left
- d. left – right

33. In action B, therapist places both elbows on client's upper traps, client begins to slowly flex forward, and the therapist drags the fascia _____.

- a. superiorly
- b. laterally
- c. inferiorly
- d. medially

34. In action C, therapist's left arm comes under client's folded arms, grasps her body, and he _____ his legs to lift client into extension.

- a. bends
- b. twists
- c. lunges
- d. extends

35. In the Table Dowager's Work, therapist's thumb and index finger, makes a _____ tool with and straddles both sides of the lamina groove.

- a. flying V
- b. knuckle
- c. fist
- d. tuning fork

36. In action B, titled the _____ technique, therapist's thumb contacts the right side of client's lamina groove and rotates her head toward the ceiling.

- a. corkscrew
- a. flying V
- c. lamina groove
- d. levator scapula

37. Therapist pushes back the _____ muscles to contact the border of splenius capitis and splenius cervicis.

- a. levator scapula
- b. anterior scalenes
- c. posterior scalenes
- d. upper trapezius

38. In section B, the client places hands behind her neck, chin tucks, and reaches back with elbows to stretch the _____ and apply pressure to _____ joints stuck in flexion.

- a. front line - facets
- b. back line – facets
- c. arm line – ribcage
- d. front line – ribcage

39. In Case Study #3, if the curve improves during forward bending, sidebending or rotation, the client has a _____ or fixable scoliosis, if it stays the same or gets worse, it is a _____ scoliosis.

- a. structural - functional
- b. idiopathic – structural
- c. functional – structural
- d. idiopathic – functional

40. In section B, if the lumbar spine is sidebending right and rotating left, the convexity (hump) of the curve will appear on the _____.

- a. left
- b. right
- c. superior
- d. none of the above

USB #2

41. In Case Study # 4, Action A, therapist assesses for _____ rotation restriction by bringing client's arm up to the first restrictive barrier.
- internal
 - external
 - sidebending
 - diagonal
42. In action B, make sure the client keeps his _____ up and _____ tucked to improve shoulder function.
- chin - pelvis
 - pelvis – tucked
 - sternum – chin
 - sternum – pelvis
43. When performing the triceps stretch, the client is asked to gently push his elbow down against therapist's resistance, relax and then reach his left hand toward his _____.
- back pocket
 - chest wall
 - cervical spine
 - all the above
44. To increase glenohumeral adduction, therapist's left hand grasps client's elbow and brings his arm across his _____ while bracing client's scapula from behind.
- scapula
 - elbow
 - chest
 - shoulder
45. To stretch the anterior glenohumeral capsule, therapist grasps, abducts, externally rotates, and _____ both of client's arms.
- extends
 - flexes
 - sidebends
 - translates
46. The last range of motion that needs to be addressed in those suffering a frozen shoulder is _____ with client's arm on therapist's shoulder.
- elbow extension
 - elbow flexion
 - bilateral flexion
 - horizontal abduction
47. In Case #4 Low Back Assessment & Treatment, action A, client performs a forward bending (Adams Test) so the therapist can observe for scoliotic _____.
- group curves
 - round curves
 - abdominals
 - hamstrings
48. In action B, the seated client is taught how to _____ by bringing one arm under the contralateral flexed knee.
- extend his torso
 - flex his neck
 - extend his t-spine
 - thread the needle
49. In action C, the L5-S1 decompression technique, therapist places his right palm on client's sacral base and his left hand on client's _____ t-spine.
- lower
 - lateral
 - upper
 - anterior
50. In action A of the home retraining exercises, client holds medicine ball close to his _____ and swings the ball to _____ his weak line.
- chest - lengthen
 - chest – strengthen
 - shoulder – mobilize
 - pelvis – strengthen

51. In the Pallof Press, client holds TheraBand handles against his body and lifts his left leg to _____ degrees and extends his arm to load the _____ chain.

- a. 70 – inferior
- b. 70 – superior
- c. 90 – posterior
- d. 80 - anterior

52. In action A, assessing and treating ankles and knees, client keeps torso _____ while client slowly performs a _____.

- a. flexed – lunge
- b. flexed – squat
- c. erect – lunge
- d. erect – squat

53. When assessing for calcaneal eversion and inversion, it is best to first place a line along the angle of the client's _____.

- a. Achilles' tendon
- b. forefoot
- c. knee
- d. medial malleoli

54. If the client's Achilles tendon is everted (flat arch), the client would _____ the foot against therapist's resistance and relax.

- a. evert
- b. flex
- c. extend
- c. all the above

55. In the alternate calcaneal eversion technique action B, therapist restores alignment to an everted calcaneus by bringing client's heel into _____.

- a. extension
- b. inversion
- c. distraction
- d. flexion

56. In action C, therapist's right webbed hand grasps below the medial and lateral _____ and his left drapes over his right so he can place foot between his _____.

- a. condyles – arms
- b. condyles – hands
- c. malleoli – knees
- d. malleoli – shoulders

57. In the right sidelying position (action D), therapist pulls client's _____ into plantar flexion while his fist right hand contacts the navicular and _____ bones.

- a. toes – cuneiform
- b. toes – tarsal
- c. ankle – cuneiform
- d. ankle – calcaneus

58. The foot home retraining goal is to improve strength in the _____ muscles.

- a. quadriceps
- b. hamstring
- c. arch
- d. rotator cuff

59. In action B, client stands on a _____ platform to improve _____.

- a. rigid – stability
- b. wobble – proprioception
- c. wobble – nociception
- d. rigid – mechanoreception

60. There are four side plank progressions and the final goal is to _____ the top leg while maintaining the side plank position.

- a. adduct
- b. extend
- c. rotate
- d. abduct

61. In Case Study #6, therapist assesses and corrects clients with _____.

- a. lower crossed syndrome
- b. knee pain
- c. pelvic misalignment
- d. upper crossed syndrome

62. In action B, supine client perform an assessment called _____ by reaching arms over his head attempting to keep the back of his hands close to the table.

- a. wall press
- b. floor press
- c. floor angel
- d. wall angel

63. In the bilateral pec release, therapist crosses his arms to allow both elbows to contact the pec minor fascia just below the _____ processes.

- a. spinous
- b. transverse
- c. coracoid
- d. none of the above

64. In the pillowcase decompression technique, therapist first stretches the mid-cervicals and then moves the towel up to the _____ junction.

- a. lumbosacral
- b. thoracolumbar
- c. cervicothoracic
- d. cervicocranial

65. In the Upper Crossed Syndrome home retraining exercise action A, client grasps handles of training straps and steps forward into a _____ while keeping _____ up.

- a. lunge – sternum
- b. lunge – chin
- c. scissor – sternum
- d. scissor – chin

USB #3

66. In Case Study # 7, therapist evaluates pelvic landmarks and discovers a _____ anteriorly/ inferiorly rotated ilium caused by _____ pelvic bowl rotation.

- a. right – left
- b. left – right
- c. left – left
- d. right – right

67. In action B, client performs a squat as therapist palpates her _____ spine observing for a _____ movement.

- a. lumbar – trick
- b. thoracic – trick
- c. cervical – sidebending
- d. lumbar – smooth

68. In the first step for correcting a sacral torsion, therapist's left hand cups client's left _____ and his right palm braces her right _____.

- a. PSIS – ASIS
- b. ASIS – PSIS
- c. PSIS – PSIS
- d. ASIS – ASIS

69. In action B, the springing technique should be applied only to the _____ rotated side because the sacral base and inferior lateral angle are both flipped up.

- a. inferiorly
- b. superiorly
- c. posteriorly
- d. anteriorly

70. In action C, therapist brings client's hip into extension while resisting this motion with his other hand on the _____ sacral border.

- a. medial
- b. anterior
- c. superior
- d. lateral

71. In the DonTigny technique, therapist's _____ arm snakes under client's _____ flexed knee and his hand contacts her opposite thigh.

- a. left – right
- b. right – left
- c. left – left
- d. right – right

72. In action E, client is instructed to push her _____ up into a bridge using her _____ while squeezing her knees together against therapist's resistance.

- a. hips – heels
- b. low back – heels
- c. thorax – quads
- d. none of the above

73. In home retraining for sacral torsions (action A), therapist places a TheraBand around client's pelvis and she is asked to perform a _____ against slight traction.

- a. lunge
- b. bridge
- c. squat
- d. all the above

74. action B has the client go through a progression of exercises to help strengthen her hips, weak diagonal line, and _____.

- a. core
- b. arms
- c. ankles
- d. neck

75. In Case Study #8, the seated client drapes his arm over therapist's _____ so therapist can _____ his body to the side opposite his rib fixation.

- a. leg - flex
- b. shoulder – translate
- c. leg – translate
- d. shoulder – sidebend

76. In the table technique, client is asked to roll over on his left side enough to allow therapist's arm to come under and grasp the _____ fascia overlying client's 1st rib.

- a. scalene
- b. pectoralis
- c. erector spinae
- d. deltoid

77. To perform the action C technique effectively, therapist must first _____ client's right arm so his own right arm can traverse between client's arm and body.

- a. adduct
- b. sidebend
- c. translate
- d. abduct

78. In the chin-tucking exercise, the goal is to get the _____ back up on the neck and the _____ back up on the shoulders.

- a. chin – neck
- b. head – dowager's hump
- c. head – neck
- d. none of the above

79. The goal of action B is to release tension in the _____ muscles that may be restricting smooth occipitoatlantal O-A movement.

- a. scalene
- b. SCM
- c. longus colli
- d. suboccipital

80. In action C, client performs the same technique this time using the web of his hand along the _____ arch.

- a. maxillary
- b. mammillary
- c. zygomatic
- d. none of the above

81. The goal of action D is to help client open up the _____ line and correct his upper crossed syndrome pattern.

- a. lateral
- b. back
- c. front
- d. arm

82. In action D, therapist uses _____ relaxation to help lift clients chest wall.

- a. Golgi tendon
- b. counter-strain
- c. post-isometric
- d. none of the above

83. In action E, client is instructed to pin elbows to his side, chin tuck, and gently pull his scapulas to his _____.

- a. back pocket
- b. side
- c. chest wall
- d. feet

84. In action F, therapist grasps client's shoulder at the _____ joint in front and _____ in back.

- a. glenohumeral – scapula
- b. sternoclavicular – scapula
- c. acromioclavicular – triceps
- d. glenohumeral – trapezius

85. In action B of the “Simple 7” home retraining exercises, client lies supine with knees _____, elbows _____, and arms abducted to 90 degrees.

- a. extended – flexed
- b. flexed – extended
- c. flexed – flexed
- d. none of the above

86. In the next progression, the client _____ her right leg and reaches toward the ceiling with her _____ arm to train her weak diagonal line.

- a. extends – ipsilateral
- b. flexes – contralateral
- c. flexes – ipsilateral
- d. extends – contralateral

87. In action D, the client places ankles on a _____, bridges into a plank position, and lifts right leg off the ball toward the _____.

- a. physioball – wall
- b. TheraBand – wall
- c. physioball – ceiling
- d. TheraBand – ceiling

88. In progression 2, client raises left arm toward ceiling while maintaining the position above for _____ to _____ seconds.

- a. 15 – 30
- b. 30 – 60
- c. 60 – 90
- d. 10 – 20

89. Action E introduces a “straddle plank” exercise to work the _____ spring system.

- a. frontal
- b. posterior
- c. anterior
- d. lateral

90. In the straddle plank, the top leg should be extended _____ into a scissors position.

- a. backward
- b. vertically
- c. forward
- d. none of the above

91. In the upper crossed training, the client pulls her elbows back to fire the _____ chain and _____ stabilizers.

- a. posterior – spinal
- b. anterior – spinal
- c. posterior – shoulder
- d. anterior – shoulder

92. In action G, client pulls elbows to her side; tucks chin, _____ arms, and _____ her torso back against therapist's resistance.

- a. flexes – leans
- b. extends – leans
- c. sidebends – rotates
- d. rotates – sidebends

93. In Case Study # 10, the therapist first tests _____ joint movement by placing fingers on the _____ border of the medial clavicle.

- a. acromioclavicular – lateral
- b. sternoclavicular – lateral
- c. acromioclavicular – medial
- d. sternoclavicular – superior

94. In test 2, the client _____ his shoulder girdle and the therapist's fingers monitor if the medial clavicular heads are dropping back.

- a. retracts
- b. protracts
- c. elevates
- d. depresses

95. In action B, the therapist treats client's SC joint fixation by bringing his arm back while keeping a _____ force on the dysfunctional clavicle

- a. torsional
- b. distracting
- c. sidebending
- d. compressive

96. To assess for _____ rotation restriction at the acromioclavicular joint, therapist flexes client's elbow to 90 degrees and _____ the arm to 90 degrees.

- a. external – abducts
- b. external – adducts
- c. internal – adducts
- d. internal – abducts

97. When stretching the client's intertransversarii muscles, the goal is to relieve _____ compression of the brachial plexus.

- a. nerve root
- b. nerve trunk
- c. nerve cord
- d. none of the above

98. To stretch the intertransversarii, the therapist right rotates and gently lifts client's head to first _____ barrier.

- a. extension
- b. sidebending
- c. rotation
- d. flexion

99. When correcting cervical restrictions (action A), therapist's hands grasp client's head and his thumbs create a _____ on both sides of the spinous processes.

- a. fulcrum
- b. distraction
- c. stretch
- d. none of the above

100. In cervical sidebending (Action B), therapist's hands right sidebend client's neck while the right thumb presses against the side of the _____.

- a. transverse process
- b. odontoid process
- c. spinous process
- d. all the above

101. When translating the cervical joints, therapist's _____ pushes the spinous processes when he steps to his left foot.

- a. left thumb
- b. right thumb
- c. index finger
- d. ring finger

102. In the sternoclavicular correction (Action A), therapist's right hand blocks the _____ clavicular head while his left pulls up on client's _____.

- a. medial – shoulder
- b. lateral – shoulder
- c. medial – trapezius
- d. lateral – trapezius

103. In the anterior scalene release (Action B), therapist's soft finger pads scoop under client's right _____ muscle so his finger pads contact the anterior scalenes.

- a. longissimus
- b. iliocostalis
- c. spinalis
- d. sternocleidomastoid

104. To stretch SCM and anterior scalenes (action C), therapist slowly drop client's head towards the floor while right hand braces the pectoral tissues of the _____.

- a. cervical spine
- b. thoracic spine
- c. lumbar spine
- d. front line

105. In action D, therapist's left hand _____ sidebends and _____ rotates client's head while right gently pushes down on client's _____ shoulder to stretch.

- a. left – right- right
- b. right – left – right
- c. left – left – left
- d. right – right -right