

Stretching Test

1. Incorporating stretching you can/should do all except
 - a. Create a special service fee
 - b. Create Undersell but over deliver factor
 - c. Lower your fees
 - d. Help restore lost ROM

2. Stretching should never be
 - a. Uncomfortable
 - b. Incorporated with massage
 - c. Painful

3. What will NOT affect stretching
 - a. Age and sex
 - b. Weight training
 - c. Joint structure
 - d. All will affect stretching

4. What is NOT a type of stretch Dr Hawley mentioned
 - a. Static
 - b. Intermittent
 - c. Ballistic
 - d. PNF
 - e. ART

5. What does PNF stand for
 - a. Proprietary Neuro faculty
 - b. Proprioceptive Nerve fasciculation
 - c. Proprioceptive Neuromuscular Fasciculation
 - d. Proprioceptive Neuron Fascicles

6. Which stretch Dr Hawley mentioned requires no voluntary muscle activity
 - a. Static
 - b. Dynamic
 - c. PNF
 - d. ART

7. AAROM stands for
 - a. A form of AAA auto insurance
 - b. Active Assistive ROM
 - c. Applied assist ROM
 - d. None

8. Which form of ROM does the client do on their own
 - a. AAROM
 - b. PROM
 - c. AROM
 - d. None of these
9. Which type of end feel did Dr Hawley say was found at the elbow joint
 - a. Bone to bone
 - b. Capsular
 - c. Springy block
 - d. Empty
10. Golgi tendon Organ (GTO) is designed to make the muscle
 - a. Contract
 - b. Relax
 - c. Twitch
 - d. Spasm
11. This was a cool webinar
 - a. HELL YEA
 - b. What webinar?
 - c. We had a webinar! I missed it?
 - d. Your're kidding right?