Stretching Test

1. Incorporating stretching you can/should do all except
2. Create a special service fee
3. Create Undersell but over deliver factor
4. Lower your fees
5. Help restore lost ROM
6. Stretching should never be
7. Uncomfortable
8. Incorporated with massage
9. Painful
10. What will NOT affect stretching
11. Age and sex
12. Weight training
13. Joint structure
14. All will affect stretching
15. What is NOT a type of stretch Dr Hawley mentioned
16. Static
17. Intermittent
18. Ballistic
19. PNF
20. ART
21. What does PNF stand for
22. Proprietary Neuro faculty
23. Proprioceptive Nerve fasciculation
24. Proprioceptive Neuromuscular Fasciculation
25. Proprioceptive Neuron Fascicles
26. Which stretch Dr Hawley mentioned requires no voluntary muscle activity
27. Static
28. Dynamic
29. PNF
30. ART
31. AAROM stands for
32. A form of AAA auto insurance
33. Active Assistive ROM
34. Applied assist ROM
35. None
36. Which form of ROM does the client do on their own
37. AAROM
38. PROM
39. AROM
40. None of these
41. Which type of end feel did Dr Hawley say was found at the elbow joint
42. Bone to bone
43. Capsular
44. Springy block
45. Empty
46. Golgi tendon Organ (GTO) is designed to make the muscle
47. Contract
48. Relax
49. Twitch
50. Spasm
51. This was a cool webinar
52. HELL YEA
53. What webinar?
54. We had a webinar! I missed it?
55. Your’re kidding right?