

## Stretching

1. Stretching should never be
  - a. Uncomfortable
  - b. Incorporated with massage
  - c. Painful
2. What will NOT affect stretching
  - a. Age and sex
  - b. Weight training
  - c. Joint structure
  - d. All will affect stretching
3. What is NOT a type of stretch Dr Hawley mentioned
  - a. Static
  - b. Intermittent
  - c. Ballistic
  - d. PNF
  - e. ART
4. What does PNF stand for
  - a. Proprietary Neuro faculty
  - b. Proprioceptive Nerve fasciculation
  - c. Proprioceptive Neruomuscular Fasciculation
  - d. Proprioceptive Neuron Fascicles
5. Which stretch Dr Hawley mentioned requires no voluntary muscle activity
  - a. Static
  - b. Dymanic
  - c. PNF
  - d. ART
6. AAROM stands for
  - a. A form of AAA auto insurance
  - b. Active Assistive ROM
  - c. Applied Assit ROM
  - d. None
7. Which form of ROM does the client do on their own
  - a. AAROM
  - b. PROM
  - c. AROM
  - d. None of these

8. 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
9. Golgi tendon Organ (GTO) is designed to make the muscle
  - a. Contract
  - b. Relax
  - c. Twitch
  - d. Spasm

### **Ortho and physical exam**

1. When doing blood pressure what is the first sound you hear when letting air out
  - a. Systolic
  - b. Diastolic
  - c. None
  - d. Both
2. On the 0-10 pain scale which would indicate a “very painful joint”
  - a. 1
  - b. 3
  - c. 4
  - d. 8
3. If you were to take a pulse for 15 seconds you would have to multiply by
  - a. 4
  - b. 6
  - c. 9
  - d. 60
4. On the 0-5 muscle grading scale which number indicates movement but not against gravity
  - a. 1
  - b. 2
  - c. 3
  - d. 5
5. When the clients wrist is in the flexed position and you try to straighten it you are checking the
  - a. Extensors
  - b. Flexors
  - c. Thumb
  - d. Fingers
6. A Valsalva test for
  - a. Cervical issues
  - b. Brachial plexus issues
  - c. SOL space occupying lesion
  - d. Gall bladder

7. If the client bends their neck to the left and the right side has pain you are looking at
  - a. Joint pain
  - b. Muscle pain
  - c. Disc
  - d. None
  
8. What is the term for the “reverse prayer” test for CTS
  - a. Hemlocks
  - b. Phalens
  - c. Bent hand
  - d. Straight leg raise
  
9. When you do a cervical distraction and they indicate pain what might you be looking at
  - a. Joint
  - b. Disc
  - c. Muscle spasm
  - d. Foot drop
  
10. If a client appears with a short leg and you work the back/pelvic muscles and it levels out the pt had a
  - a. Anatomically short leg
  - b. Functional short leg
  - c. SI joint arthritis
  - d. None
  
11. Lateral epicondylitis is also known as
  - a. Golfer elbow
  - b. Tennis elbow
  - c. Fishermans elbow
  - d. Chronic bursitis
  
12. Patella tracking can indicate
  - a. Calf muscle tightness
  - b. Disc pathology
  - c. Tight quad muscle
  - d. Tight hamstrings
  
13. A standing Kemps test looks for
  - a. Sciatica
  - b. Where is a guy named Kemp
  - c. Facet joint irritation
  - d. Muscle spasm
  
14. Cox sign is when
  - a. You raise the head of the table and the back hurts
  - b. Raise the involved leg off the table and the same side pelvic raises with it
  - c. Knee tracking pathology
  - d. Foot/ankle pathology

15. How many pounds of pressure did Dr Hawley mention to use when providing resistance or pressing down on the head.
- a. 15-20
  - b. 25-30
  - c. 5-10
  - d. 1-2