

## Stretching Test

1. Incorporating stretching you can/should do all except
  - a. Create a special service fee
  - b. Create Under sell 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. What did DrH say about stretching and massage
  - a. They don't mix
  - b. Only do massage
  - c. They are a great combination when done correctly
  - d. Only do stretching
12. Is it better to stretch an
  - a. Cold muscle
  - b. Warm muscle
  - c. Torn muscle
  - d. Atrophy muscle
13. When stretching the muscle it's best to stretch in the
  - a. Direction of the muscle fibers of the muscle being stretched
  - b. Oppose the muscle fiber direction
  - c. Don't stretch the muscle stretch the ligaments
  - d. All of the above
14. Which factors will affect a client's flexibility?
  - a. Age
  - b. Muscle bulk
  - c. Activity level
  - d. All will affect the flexibility
15. If you are stretching and notice a client is having pain what should you do?
  - a. Tell them "suck it up Sally" you need this
  - b. STOP
  - c. Tell them breathe through the pain
  - d. Keep pushing because once the fibers tear there will be more ROM