Stretching Test

1. Incorporating stretching you can/should do all except
2. Create a special service fee
3. Create Under sell 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. What did DrH say about stretching and massage
52. They don’t mix
53. Only do massage
54. They are a great combination when done correctly
55. Only do stretching
56. Is it better to stretch an
57. Cold muscle
58. Warm muscle
59. Torn muscle
60. Atrophy muscle
61. When stretching the muscle it’s best to stretch in the
62. Direction of the muscle fibers of the muscle being stretched
63. Oppose the muscle fiber direction
64. Don’t stretch the muscle stretch the ligaments
65. All of the above
66. Which factors will affect a client’s flexibility?
67. Age
68. Muscle bulk
69. Activity level
70. All will affect the flexibility
71. If you are stretching and notice a client is having pain what should you do?
72. Tell them “suck it up Sally” you need this
73. STOP
74. Tell them breathe through the pain
75. Keep pushing because once the fibers tear there will be more ROM