



QUIZ #2 - Therapeutic Exercise Principles

Why we Mash/Roll

1. Mashing is done to _____ apart adhesions and scar tissue, allowing for increased joint mobility.
2. T / F As tissues become healthier, less mashing is required to keep them healthy.
3. Mashing/rolling tissue can be uncomfortable and even painful; however, it should be therapeutic and not _____ and kept under a _____ of 10 on a pain scale.
4. In the beginning, it is normal to be sore from mashing; however, if the day after you mash an area feels worse, you should:
 - a. mash it again anyway
 - b. give it another day or two
5. Mashing is best done pre / post workout. (circle best answer)

Why we Stretch

1. Stretching is used to _____ tissue and increase the joint range of motion.
2. The minimum time required for stretching to be valuable is:
 - a. 30 seconds
 - b. 1 minute
 - c. 3 minutes
 - d. 5 minutes
3. To get any length change from a particular stretch, it needs to be done a *minimum* of _____ times per day but 5 times is best.
4. Static stretching is best done pre / post workout.
5. T / F As tissues become healthier, less stretching is required to keep them healthy.

How to Squat

1. Put the following in proper sequence by filling in the rest (1-6 first to last).
3 weight in heels __5__ toes out _____ hips below knees
_____ core tight _____ spine straight _____ knees behind toes
2. If you are new to squats, it is important to have a chair _____ you.
 - a. in front of
 - b. behind
 - c. to the side of
3. T / F The motion of a squat starts with the knees going forward.

4. T / F Squats done properly can heal and strengthen your knees.
5. Due to chronically shortened tissues and lack of mobility, most people require _____ to achieve a fully functional squat performed with good depth and form.
 - a. 3-5 days
 - b. 3-5 months
 - c. 3-5 years
 - d. 3-5 decades
6. To improve your strength and range of motion, it is important to do at least _____ squats per day.
 - a. 3
 - b. 15
 - c. 30
 - d. 50

Mirror Image Exercises

1. Use _____% of max force while doing MIEs.
2. T / F There should never be intense pain during MIEs.
3. In order for MIEs to be effective, you must work up to the 1st goal of _____ sec/day and then the 2nd goal of _____ sec/day.
4. To change postural distortions with MIEs, they must be done _____ for 2-3 months.