

1 Muscles located on the ventral aspect of the forearm usually conduct what movement(s)?

- a extension of the digits and abduction at the wrist joint
- b flexion of the digits and of the wrist
- c extension of the wrist joint
- d adduction and abduction of the digits

2 To what structures does the tensor fascia lata muscle attach?

- a anterior superior iliac spine and to the lateral condyle of the tibia via the iliotibial tract
- b anterior superior iliac spine and to the medial condyle of the tibia via the iliotibial tract
- c anterior inferior iliac spine and to the lateral condyle of the tibia via the iliotibial tract
- d anterior inferior iliac spine and to the medial condyle of the tibia via the iliotibial tract

3 What is the order, from lateral to medial, of the erector spinae muscles?

- a iliocostalis, longissimus, spinalis
- b iliocostalis, spinalis, longissimus
- c longissimus, iliocostalis, spinalis
- d longissimus, spinalis, iliocostalis

4 Where is the sciatic nerve located?

- a medial to the inner lip of the ASIS
- b medial to the inner lip of the PSIS
- c between the coccyx and the ischial tuberosity
- d between the greater trochanter and the ischial tuberosity

5 Which muscle flexes the forearm?

- a latissimus dorsi
- b triceps brachii
- c biceps brachii
- d deltoid

6 Which of the following muscles is the deepest?

- a soleus
- b gastrocnemius
- c tibialis anterior
- d flexor digitorum longus

7 A positive posterior drawer sign in testing the knee indicates damage to which ligament?

- a anterior cruciate ligament
- b posterior cruciate ligament
- c medial collateral ligament
- d lateral collateral ligament

In sacroiliac joint motion palpation, as the therapist places one thumb on the PSIS and one thumb on

8 the sacrum, the thumb on the PSIS should (in normal motion) do what?

- a not move at all as the client raises their knee
- b move toward the sacrum as the client raises their knee
- c move downward as the client raises their knee
- d move upward as the client raises their knee

9 Which test would you perform for a sacroiliac joint sprain?

- a Apley's scratch test
- b Valsalva's maneuver
- c Ober's sign
- d Gaenslen's maneuver

10 If a therapist has more than one type of relationship with a client, what is this called?

- a dual relationship
- b partnership
- c mutual reciprocity
- d client-therapist relationship

Which of the following is inappropriate behaviour for a therapist if he/she is developing an

11 attraction for a client?

- a invite the client for a date to see if the attraction is mutual
- b seek professional help
- c refer the client to another therapist
- terminate the therapist-client relationship and use professional discretion in making the decision to
- d pursue a romantic relationship with the client

12 The atlanto-occipital joint is an example of a _____.

- a 2nd class lever
- b 1st class lever
- c 3rd class lever
- d none of the above

13 There are two primary types of joint positions What are they?

- a closed-packed and open-packed
- b closed-packed and wide-packed
- c closed-packed and deep-packed
- d closed-packed and high-packed

14 Which condition is a contraindication to joint play?

- a nerve compression or entrapment
- b hypermobile joints
- c joint stiffness caused by disuse or immobility
- d muscle spasm or guarding

15 Hyperlordosis is a postural dysfunction that presents as _____.

- a an increased lumbar lordosis and a decreased pelvic angle
- b an increased lumbar lordosis and an increased pelvic angle
- c a decreased lumbar lordosis and an increased pelvic angle
- d a decreased lumbar lordosis and a decreased pelvic angle

Which of the following should NOT be performed during the late stages of degenerative disc

16 disease?

- a treatment to any post-surgical scarring
- b mobilize hypermobile joints
- c effleurage and gentle petrissage over the affected area
- d massage areas of compensation

17 Which of the following is NOT a possible sign or symptom for a trigger point?

- a spontaneous pain
- b local twitch response
- c positive jump sign
- d increased circulation in the muscle local to the trigger point

18 When frictioning a tendonitis, what would cause you to stop frictioning?

- a decrease in pain
- b increase in pain
- c redness
- d pain in your fingers

19 Which muscle tendons are most involved in tennis elbow?

- a extensor carpi radialis longus and brevis, supinator
- b extensor digiti minimi, extensor pollicis brevis
- c flexor carpi radialis longus and brevis, pronator teres
- d biceps brachii, brachioradialis

A client presents with acquired torticollis in the acute stage. Your assessment would find which of

20 the following?

spasm and increased tone in the sternocleidomastoid, scalene, levator scapulae and the upper fibres of

- a the trapezius muscle
- b tenderness in the posterior cervical muscles
- c spasm and decreased tone in the SCM, scalene, levator scapula and upper traps
- d increased ROM in right lateral flexion and rotation

21 What is diastasis recti?

- a a fatal condition during pregnancy
- b a violent sprain to the erector spinae muscles
- c separation of the linea alba during pregnancy
- d a contagious viral infection

22 What is atrophy?

- a an increase in cell size and is caused by loss of innervation and reduced blood supply
- b an increase in cell numbers and is caused by increase cell division rate
- c a reduction in cell size and is caused by a decreased workload, inadequate nutrition, and ageing
- d a reduction in cell size and is caused by increased functional demand

23 Where does the initiation of voluntary muscle impulses for skeletal movement occur?

- a frontal lobe
- b parietal lobe
- c occipital lobe
- d temporal lobe

24 A cold arm bath is NOT useful _____.

- a for tiredness
- b to help decrease blood flow
- c for acute lateral epicondylitis
- d to initially warm up cold hands

25 Which of the following conditions is a contraindication to giving an Epsom salts bath?

- a muscle aches and pains
- b acute sprains
- c arthritis
- d sluggish circulation