

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

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

11 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

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

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