

Physiology of Stretching Quiz

Vocabulary Mix & Match

- | | |
|--------------------------|--|
| 1 Compressive Strength | A. Withstand loads tending to elongate |
| 2 Passive Stretching | B. Ability to move through joint ROM |
| 3 Facilitated Stretching | C. Two parts of bod come into contact |
| 4 Tensile Strength | D. PNF |
| 5 Active Stretching | E. Stretching with Movement |
| 6 Resistance Stretching | F. Using outside force, or relaxing into stretch |
| 7 Flexibility | G. Contracting muscle in opposition to stretching muscle |
| 8 Dynamic Stretching | H. Withstand loads tending to push together |
| 9 Compression | |

1. Define flexibility.

2. Flexibility may be limited by muscles that are shortened, tight or in a contracted state. Name four or more other factors that may limit flexibility.

3. When anesthetized, what happens to a person's muscles? What is the significance regarding our knowledge of flexibility?

4. What happens when we reach our personal ROM limits?

5. What are the three states that a muscle may exist in?

6. What are the effects of stretching?

7. Jules Mitchell defines stretching as a "tensile load." What does that mean?

8. In addition to the basic effects, what are the benefits of stretching?

9. What is passive / passive static stretching? Give an example.

10. What is active / active static stretching? Give an example.

11. What is dynamic stretching? Resistance stretching?

12. How are facilitated stretching and PNF related?

13. What is PNF?