

# Stretch-Related Reflexes Quiz

1. The reflexes relevant in stretching are spinal reflexes. Why is that significant?

2. What are the three spinal reflexes related to stretching?

3. What are some other names for the Stretch Reflex?

4. What is the muscular effect of the Stretch Reflex?

5. What is the purpose of the Stretch Reflex and a common example?

6. What learning can we apply from knowledge of the Stretch Reflex?

7. What other names refer to the Golgi Tendon Reflex?

8. What do Golgi tendon organs do?

9. What is the muscular effect of the Golgi Tendon Reflex?

10. What are two ways to stimulate the Golgi tendon organs?

11. What is Reciprocal Inhibition?

12. How can we use knowledge of the process of Reciprocal Inhibition to deepen a stretch?