



- Edition 2 -

Muscle Imbalances Revealed – Upper Body Edition

Exam Packet

Unconditional Guarantee

If you are not completely satisfied with the Healing Through Movement correspondence course, *Muscle Imbalances Revealed – Upper Body Edition*, you may exchange your course or receive a full refund, period.

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Course Syllabus

Welcome to the Exercises for Injuries correspondence course *Muscle Imbalances Revealed – Upper Body Edition*.

Course Materials

Muscle Imbalances Revealed course materials are as follows:

- *Muscle Imbalances Revealed – Upper Body Edition* – 8 video presentations
- Exam Packet

Course Instructions

This course is self-directed, which enables you to work at your own pace without the help of an instructor. We recommend that you complete the course and take the exam within the year you purchased the course. The following sequence is an effective way to complete the course.

1. **Learn** — Watch the 8 *Muscle Imbalances Revealed* video presentations.
2. **Practice** — Perform each of the exercises before teaching them to your clients.
3. **Test** — Complete the exam, course evaluation, and certificate information. For successful completion, a minimum of 48 out of 60 points (80%) must be achieved on the exam. Instructions for taking the exam are on page 7.

Muscle Imbalances Revealed – Upper Body System

Course Description

As fitness & health professionals or exercise enthusiasts, we often just focus on strength, flexibility and cardiovascular techniques with our clients to help them reach their fitness goals. By just focusing on these three exercise techniques you hamper your client's performance results, ability to bust through fitness plateaus, overcome injuries and remain injury-free. To get past this what you need in your toolbox is a full understanding of muscle imbalances.

Muscle Imbalances Revealed goes beyond stretching what is tight, strengthening what is weak or just performing corrective exercises. It assists fitness and health professionals or exercise enthusiasts in understanding the synergies that exist within the body and walks them through the intricacies of muscle imbalances.

In Upper Body Edition of Muscle Imbalances Revealed you will be guided by four experts from various health professions on how to identify and address muscle imbalances and perform the most effective exercises to improve performance, bust through fitness plateaus, increase the speed of injury recovery and prevent future injuries.

Learning Objectives

At the completion of this course you will know:

- 12 exercises to hammer out the lower traps
- What to do about shoulder impingement
- Program considerations for shoulder performance health
- A “money” test for thoracic mobility
- Four performance mobility exercises
- What to do about AC joint issues
- An important assessment for anyone with an AC joint issue
- Five things to avoid if you have AC joint issues
- Six exercises the help and not hurt the AC joint
- Twenty seven exercises to blast your core
- The Importance of adding perturbation
- Seven exercises to rock out the rotator cuff
- Four advance push-up variations
- Three lies you were taught about anatomy
- Importance of and how to alter fascial stiffness
- Four factors that lead to repetitive strain
- Seven means of improving fascial fitness

Muscle Imbalances Revealed – Upper Body Edition

Exam Packet

- Three functions of the core
- Negative effects of a rounded back
- Stages of core training
- Core conditioning for rehab, training and performance
- The “must do” exercise to help with your lifts
- Key structures for respiration
- Improving mobility results with breathing
- Sixteen breathing exercises
- “Money” exercises for improved breathing
- How to integrate breathing into movement
- Six exercises to integrate breathing with movement
- The importance of cumulative trauma cycle
- Three Phases of Healing Through Movement
- Leaders to watch and learn from in the soft tissue world
- The role of the IASTM in tissue recovery
- How stretch therapy can help with injuries and muscle imbalances
- FAQ on the world of foam rollers
- Best ways to hit the lats with the foam roller
- Why the 2:1 ratio in the shoulder is wrong
- Nine keys to addressing muscle imbalances in the shoulder

Take Your Exam

Instructions

- Only one person may receive continuing education credits for this exam.
- This is an open book exam.
- Select the best possible answer for each test question.
- Score your answers on the Exam Answer Sheet.
- Keep a copy of your exam for your records.

Taking Your Exam

Complete the below exam form.

After completing the exam, please email, fax or mail the course evaluation, certificate information and completed answer sheet to Exercises for Injuries.

E-mail: support@ExercisesForInjuries.com

Fax: (604) 677-5425

Mail:

RK Healing Through Movement
Attention: Rick Kaselj
#199 – 19567 Fraser Highway
Surrey, BC V3S 9A4
Canada

If you fax or mail in your forms please email
support@ExercisesForInjuries.com
to confirm we have received it.

Note: To receive CECs/CEUs for this course, complete the exam and submit it for scoring within the year you purchased the course.

Please also complete the Course Evaluation and Certificate Information and send them in with your completed answer sheet.

Muscle Imbalances Revealed – Upper Body Edition

Exam Packet

Muscle Imbalances Revealed – Upper Body Edition Exam Answer Sheet – Edition 2 -

Name _____ Date _____

Email _____ Score (70 possible) _____

Please circle your answers (no Xs or blackouts)

- | | |
|-------------|-------------|
| 1. A B C D | 36. A B C D |
| 2. A B C D | 37. A B C D |
| 3. A B C D | 38. A B C D |
| 4. A B C D | 39. A B C D |
| 5. A B C D | 40. A B C D |
| 6. A B C D | 41. A B C D |
| 7. A B C D | 42. A B C D |
| 8. A B C D | 43. A B C D |
| 9. A B C D | 44. A B C D |
| 10. A B C D | 45. A B C D |
| 11. A B C D | 46. A B C D |
| 12. A B C D | 47. A B C D |
| 13. A B C D | 48. A B C D |
| 14. A B C D | 49. A B C D |
| 15. A B C D | 50. A B C D |
| 16. A B C D | 51. A B C D |
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| 25. A B C D | 60. A B C D |
| 26. A B C D | 61. A B C D |
| 27. A B C D | 62. A B C D |
| 28. A B C D | 63. A B C D |
| 29. A B C D | 64. A B C D |
| 30. A B C D | 65. A B C D |
| 31. A B C D | 66. A B C D |
| 32. A B C D | 67. A B C D |
| 33. A B C D | 68. A B C D |
| 34. A B C D | 69. A B C D |
| 35. A B C D | 70. A B C D |

Muscle Imbalances Revealed – Upper Body Edition Exam

Component #1: Corrective Exercise Strategies for Athletes (and Meatheads, too) with Tony Gentilcore – 12 Questions

1. **How many shoulder health factors are there?**
 - a. 8
 - b. 10
 - c. 11
 - d. 12

2. **Which is not a Shoulder Health Factor?**
 - a. Opposite Hip-Ankle Restrictions
 - b. Type 3 Acromion
 - c. Poor core strength
 - d. Poor GH ROM

3. **What is the most common impingement seen in the general population?**
 - a. External Impingement
 - b. Internal Impingement
 - c. Subcoracoid Impingement
 - d. Primary Impingement

4. **Which weak muscles increase the risk of external shoulder impingement?**
 - a. Retractors
 - b. Downward Rotators
 - c. Upward Rotators
 - d. Protractors

5. **For those with back pain, what in the shoulder could be causing it?**
 - a. Poor shoulder flexion and scapular upward rotation
 - b. Poor shoulder extension and scapular upward rotation
 - c. Poor external rotation and scapular downward rotation
 - d. Shoulder has no effect on the lower back

6. **What is a sign of poor eccentric control of the scapula?**
 - a. The scapula clunking back into place when the arm is brought from neutral to flexion
 - b. The scapula clunking back into place when the arm is brought from flexion to neutral
 - c. The scapula does not move when the arm is brought from flexion to neutral
 - d. If they have inferior winging of the scapula in static posture

7. **For optimal shoulder health, which is focused on first?**
 - a. Traction (ex. Pull-ups)
 - b. Approximation (ex. OH pressing)
 - c. Pressing movements
 - d. Does not matter

8. **What is negative about a seated rotation to improve thoracic mobility?**
 - a. It does not target all of the thoracic spine
 - b. You can compensate with the lumbar spine
 - c. It places greater stress on the neck
 - d. There is nothing negative about the exercise

9. **What is not a movement that someone with AC Joint issue will have difficulty doing?**
 - a. Horizontal Adduction
 - b. Full Extension
 - c. Approximation
 - d. External Rotation

10. **What structure does not connect to the coracoid process?**
 - a. Short Head of the Biceps
 - b. Coracobrachialis
 - c. Pectoralis Major
 - d. Pectoralis Minor

11. **For those with AC joint issues, which exercise should be avoided?**
 - a. Biceps Curls
 - b. Dips
 - c. Seated Rows
 - d. Overhead Press

12. Which hand position decreases the subacromial space in the shoulder?

- a. Pronated Grip
- b. Supinated Grip
- c. Neutral Grip
- d. Grip Does Not Matter

Component #2: Avoiding Common Programming Bloops and Blunders with Tony Gentilcore – 13 Questions

13. Which is not a Cressey Performance initial assessment:

- a. Broad Jump
- b. Front Squat
- c. Vertical Jump
- d. 3RM Chin-Up

14. How many table assessment tests do they do at Cressey Performance?

- a. 5
- b. 8
- c. 9
- d. 10

15. When is it a red flag in the shoulder assessment? When you have a decrease in normal range in:

- a. Internal Rotation Range of Motion
- b. External Rotation Range of Motion
- c. Total Range of Motion
- d. Range of Motion is not a factor

16. What is a negative movement characteristic that you are not looking for with shoulder flexion?

- a. Hand Position
- b. Shrugging
- c. Lumbar Extension
- d. T-spine

17. How much range of motion occurs at each segment of the thoracic spine?

- a. 0 to 2 degrees
- b. 2 to 4 degrees
- c. 4 to 5 degrees
- d. 7 to 9 degrees

18. What is the rough range of motion in the thoracic spine?

- a. 90 degrees
- b. 70 degrees
- c. 50 degrees
- d. 45 degrees

19. How much range of motion occurs at each segment of the lumbar spine?

- a. 0 to 2 degrees
- b. 2 to 4 degrees
- c. 4 to 5 degrees
- d. 7 to 9 degrees

20. What is the rough range of motion in the lumbar spine?

- a. 90 degrees
- b. 70 degrees
- c. 50 degrees
- d. 13 degrees

21. Core stability is defined at:

- a. Ability to move the core around the lumbar spine
- b. Ability to resist unwanted or unnecessary movement
- c. Ability to activate all layers of the abdominal wall
- d. Ability to integrate balance and activation of the trunk muscles

22. How many core variation groups are there?

- a. 4
- b. 3
- c. 2
- d. 1

23. What is an important technique for the bench press in order to keep the scapulae in a good position?

- a. Keep a wide hand position
- b. Have one hand pronated and one hand supinated
- c. Give a good hand off
- d. Doing the bench press isn't recommended

24. How many muscles cross the elbow joint?

- a. 5
- b. 16
- c. 10
- d. 11

25. What is a very important factor but often overlooked in preventing elbow injuries?

- a. Tissue Quality
- b. Strength
- c. Flexibility
- d. Stability

Component #3: Myofascial Training for Upper Body with Dean Somerset – 9 questions

26. Muscles have:

- a. Defined origins and insertions
- b. Defined origins and undefined insertions
- c. Undefined origins and insertions
- d. Undefined origins and defined insertions

27. Which structure increase the tone in the muscle?

- a. Muscle fibres
- b. Elastin fibres
- c. Ruffini endings
- d. Pacini fibres

28. Which part of the body has the thickest later of fascia?

- a. Middle back
- b. Lower back
- c. Abdominal
- d. IT Band

29. What is the best way to stretch the fascia?

- a. Fast
- b. Slow
- c. Does not matter
- d. Don't stretch the fascia

30. What is a way of increasing the relaxation component of the Lower of Repetitive Strain?

- a. Unloaded movements
- b. Deep explosive squats
- c. Foam rolling
- d. Does not matter

- 31. Which muscle is not part of the Deep Front Arm Line?**
- a. Pectoralis Major
 - b. Pectoralis Minor
 - c. Biceps Brachii
 - d. Thenar eminence of the thumb
- 32. Which muscle is not part of the Superficial Front Arm Line?**
- a. Pectoralis Major
 - a. Flexor Muscles
 - b. Latissimus Doris
 - c. Extensor Muscles
- 33. Which muscle is the optimal stretching method to target fascia?**
- a. Passive
 - b. Dynamic
 - c. Ballistic
 - d. PNF
- 34. What is the recommended amount of water consumption for fascial health?**
- a. 1 liters a day
 - b. 2 liters a day
 - c. 3 liters a day
 - d. 3 to 4 liters a day

Component #4: Advanced Core Training & Conditioning with Dean Somerset – 9 Questions

- 35. Which muscle does not make up the core?**
- a. Rectus Femoris
 - b. Psoas
 - c. Erector Spinae
 - d. Quadratus Lumborum
- 36. Which muscle makes up the “Outer Core”?**
- a. Rectus Abdominis
 - b. Pelvic Floor
 - c. Multifidus
 - d. Transverse Abdominis
- 37. The Australian Method of core stability is best for:**
- a. Performance
 - b. Fitness
 - c. Health
 - d. Rehabilitation

38. What type of fiber type are spinal muscles?

- a. Type IIa
- b. Type IIb
- c. Fast Twitch
- d. Slow Twitch

39. Which is not a function of the core?

- a. Assists with the circulatory system
- b. Assists with breathing
- c. Resists deformation of the spine
- d. Transfers force between the arms and legs

40. What are the qualities needed for an excellent performing core?

- a. Soft, elastic, deformable, fatigue-resistant
- b. Stiff, tough, deformable, fatigue-resistant
- c. Stiff, elastic, rigid, fatigue-resistant
- d. Stiff, elastic, deformable, fatigue-resistant

41. What is the force in the lower back if the back of the torso is rounded?

- a. 1,900 N shear load
- b. 1,500 N shear load
- c. 1,000 N shear load
- d. 200 N shear load

42. What are the main goals of core training in rehabilitation?

- a. Improving performance
- b. Build strength and endurance
- c. Reactivation and maintain spinal position
- d. Build rigidity of the trunk

43. What is recommended hamstring & latissimus dorsi to quadriceps & pectoris work ratio?

- a. 1:1
- b. 1:2
- c. 3:1
- d. 2:1

Component #5: Linking Breathing with Rehab, Training and Performance with Dr. Jeff Cubos – 6 Questions

44. Excess tension in the neck muscles will have what effect on a swimmer?

- a. Difficulty in rotating and breathing bilaterally
- b. The speed they can swim
- c. How far they can reach with each stroke
- d. Has no effect

45. Which is not a factor in the Stability-Motor Control Continuum?

- a. Load
- b. Movement
- c. Predictability
- d. Speed

46. On what side does rib flare occur most often?

- a. Right
- b. Left
- c. Centre
- d. Neither side

47. Which is not a faulty breathing pattern?

- a. T-L Junction Hypertonicity
- b. Shoulder Protraction
- c. Barreled Chest
- d. Inspiratory Position

48. How many positions should breathing be tested in?

- a. 1
- b. 2
- c. 3
- d. 4

49. Which is an exercise to integrate breathing with movement?

- a. Plank
- b. Kolar Dying Bug
- c. Yoga pose
- d. Sitting on stability ball

Component #6: Picking the Right Soft Tissue Tool for the Problem with Dr. Jeff Cubos – 8 Questions

50. What is the definition of “functional pathology”?

- a. Disturbances due and involving active muscles function or dysfunction
- b. Injuries caused by function
- c. Disturbances due and involving passive muscles function or dysfunction
- d. A functional movement has lead to an injury

51. Which is not a term used in musculoskeletal disorders?

- a. Trigger points
- b. Adhesions
- c. Muscle Tissue
- d. Restrictions

52. Which is the right order of muscle injury healing?

- a. Destruction, Repair and Remodeling
- b. Destruction, Remodeling and Repair
- c. Repair, Destruction, and Remodeling
- d. Remodeling, Destruction, and Repair

53. How many levels of myofascial release are there?

- a. 4
- b. 3
- c. 2
- d. 1

54. What is the purpose of instrument assisted soft tissue mobilization?

- a. Promote circulation
- b. To move chronic tissue damage into the acute stage
- c. Helps align the tissue fibers for healing
- d. To desensitize the area for manipulation

55. Which is not a type of IASTM?

- a. Peterson Black
- b. Graston
- c. Fibroblaster
- d. NARSON N6

56. Which is not an example of a stretch therapy?

- a. Fascial Stretch Therapy
- b. Active Isolated Stretching
- c. PALS
- d. FIR

57. What should you do between visits with your massage therapist?

- a. Warm up
- b. Stretch
- c. Foam roller
- d. Brush your teeth

Component #7: Unraveling Muscle Imbalances in the Shoulder with Rick Kaselj – 6 Questions

58. How many degrees from the frontal plane is the clavicle located?

- a. 0 degrees
- b. 10 degrees
- c. 20 degrees
- d. 30 degrees

59. How many degrees from the horizontal is the scapula?

- a. 55
- b. 45
- c. 35
- d. 25

60. Which muscle DOES NOT insert at the greater tubercle of the humerus?

- a. Teres minor
- b. Subscapularis
- c. Supraspinatus
- d. Infraspinatus

61. What vertebrae level is the spine of the scapula at?

- a. T1
- b. T2
- c. T3
- d. T4

62. What is the size of the coracoacromial arch?

- a. 2 inches
- b. 1 inch
- c. 1 cm
- d. 10 mm

63. Moving the shoulder into extension leads to what happening at the scapula?

- e. It tilts posterior
- f. It tilts anterior
- g. It upwardly rotates
- h. It downwardly rotates

Component #8: Neck Exercises for Prevention, Rehabilitation and Strength with Rick Kaselj – 7 Questions

64. Which is NOT one of the 10 keys to neck prevention, rehabilitation and strength program:

- a. Shoulder Strength
- b. Isometrics
- c. Perturbation
- d. Range of motion

65. How many disclaimers does Rick cover at the start of his presentation:

- a. 4
- b. 3
- c. 2
- d. 1

66. If posture is not addressed in a neck program what can occur:

- e. Puts greater stress on the neck
- a. Slows down recovery
- b. Symptoms can return
- c. All of the above

67. Moving into an ideal posture will lead to:

- a. An increase in the stress on the lower back
- b. An increase in weight that can be lifted
- c. An Increased risk of injury
- d. Has no effect.

68. Which muscle is important to perform self massage for the neck:

- a. Rectus femoris
- b. Pec minor
- c. Iliocastalis thoracis
- d. Rectus abdominis

69. For which movement on areas other than the neck is it not important to perform isometric exercises:

- a. Rotation
- b. Flexion
- c. Extension
- d. Side flexion

70. How can you intensify an isometric neck exercise?

- a. Stand on one leg
- b. Press harder
- c. Increase the slope
- d. You can't

Muscle Imbalances Revealed – Upper Body Edition

Course Evaluation

Thank you for completing this evaluation. Your responses will help us in our efforts to continuously improve this course. Please rate the following on a scale of 1–5 (circle one).

	Strongly agree			Strongly disagree	
The course content covers stated objectives.	1	2	3	4	5
The content is up-to-date and comprehensive.	1	2	3	4	5
It was clear how to use the course materials.	1	2	3	4	5
I am able to apply what I've learned.	1	2	3	4	5
This course met my expectations.	1	2	3	4	5
The customer service representative was knowledgeable of product.	1	2	3	4	5
The customer service representative was courteous and handled my call efficiently.	1	2	3	4	5

Would you recommend this course to a friend or colleague? Yes No

Describe how you will be able to apply the content in this course to your work.

What have you gained from this course?

Any recommendations or general comments?

Please share with us the name of a friend or colleague who would be interested in receiving information about ExercisesForInjuries.com courses.

Name _____

Address _____

Email _____

May we have your permission to use your comments and name in future publicity about our programs?

Yes No If yes, please sign here _____

Thank you for completing this evaluation.

You must email, fax or mail these pages:
Answer Sheet, Course Evaluation, and Certificate Information.

Muscle Imbalances Revealed – Upper Body Edition

Certificate Information

- Legibly print your name as you would like it to appear on your Certificate of Achievement.
- Place a check mark next to each of the certification(s) you are renewing. This information is necessary for you to receive a Certificate of Achievement.
- Return only the Exam Answer Sheet(s), Course Evaluation, and Certificate Information.
- Use black ink when faxing.
- Fax or mail to: RK Healing Through Movement, Attention: Rick Kaselj, #199 – 19567 Fraser Highway Surrey, BC V3S 9A4 Canada / Fax: (604) 677-5425
- Keep a copy of your Certificate of Achievement for your records.

Name _____

Title/Occupation _____

Address _____

City _____ State/Prov _____ Zip _____ Country _____

Phone () _____ Email _____

Have you changed your address since you purchased this course? Yes / No

√	CECs	Certification	Association
	0.7	NSCA	National Strength & Conditioning Association
	0.7	ACE	American Council on Exercise – Pending
	7.0	BCRPA	British Columbia Recreation & Parks Association
	7.0	BCAK	British Columbia Association of Kinesiologists
	7.0	BCCMT	British Columbia College of Massage Therapists
	7.0	CSEP	Canadian Society of Exercise Physiologists

If your association has not pre-approved this course, you may petition your association for the CECs.