



- Edition 1 -

Muscle Imbalances Revealed – Assessment & Exercise 1st Edition

Exam Packet

Unconditional Guarantee

If you are not completely satisfied with the Healing Through Movement correspondence course, *Muscle Imbalances Revealed – Assessment & Exercise 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 – Assessment & Exercise Edition*.

Course Materials

Muscle Imbalances Revealed course materials are as follows:

- *Muscle Imbalances Revealed – Assessment & Exercise 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 – Assessment & Exercise

Course Description

As a fitness & health professional or exercise enthusiast, 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 the fitness & health professional or exercise enthusiast in understanding the synergies that exist within the body and walks you through the intricacies of muscle imbalances. In the Assessment & Exercise Edition of Muscle Imbalances Revealed you will be guided by 4 experts from various health professions on how to perform a number of assessments that will allow you to pin-point problems and then give you the exercises to fix those problems in order to improve performance, athleticism, fitness results, injury prevention and injury recovery.

Learning Objectives

At the completion of this course you will know:

- Difference between stiff and short muscles and how each is approached differently for athletes
- What to do about poor lumbopelvic stability and control in unilateral and bilateral foot positions in athletes
- Importance of assessing hip flexion in order to address athlete energy leaks in performance
- 4 Keys to Athletic Movement
- Why exercise position may not transfer over to functional movement
- What to do if one of the keys to athletic movement is broken
- Mistakes that trainers make when assessing clients
- Why the exercise is the least important factor in correcting muscle imbalances
- The most important assessment tool

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

If you fax or email 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 – Assessment & Exercise Edition
Exam Answer Sheet – 1st Edition -**

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 |
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| 34. A B C D | |
| 35. A B C D | |

Muscle Imbalances Revealed – Assessment & Exercise 1st Edition Exam

Component #1b: Assessment and Exercise for Performance with Nick Rosencutter - Part 1 Assessment – 11 Questions

1. **What is a key component of a stiff muscle?**
 - a. It has a rubber band or spring type feel
 - b. Has a more distinct end feel
 - c. More duration stretching is needed
 - d. There is no difference

2. **What is a key component of a short muscle?**
 - a. It has a rubber or spring type feel
 - b. Requires tissue work
 - c. Has a more distinct end feel
 - d. There is no difference

3. **Which muscle is not often imbalanced in an athlete?**
 - a. Rectus femoris
 - b. TFL
 - c. IT Band
 - d. Psoas

4. **What will muscle imbalance in the tensor fascia latae and quadratus lumborum inhibit?**
 - a. Gluteus medius
 - b. Gluteus maximus
 - c. Gluteus minimus
 - d. Gluteus rarus

5. **Common squatting faults observed are:**
 - a. Thoracic caving
 - b. Pelvic tuck
 - c. Poor hip extension
 - d. All of the above

6. **Muscle imbalance issues become less magnified with:**
 - a. Jumping
 - b. Running
 - c. Bilateral exercise
 - d. Unilateral exercise

7. **What are we not looking at in the Thomas Test?**
 - a. Psoas shortening or stiffness
 - b. Rectus femoris shortening or stiffness
 - c. External oblique shortening or stiffness
 - d. TFL shortening or stiffness

8. **What can a weak hip flexor (psoas) lead to?**
 - a. Affect sprinting performance
 - b. Lead to an overactive rectus femoris
 - c. Lead to an overactive TFL
 - d. All of the above

9. **What is the order that (1) contralateral erectors, (2) ipsilateral erectors, (3) hamstring, (4) and gluteus activate?**
 - a. 1-2-3-4
 - b. 4-3-1-2
 - c. 4-3-2-1
 - d. 4-3-2-1

10. **Excess hamstring activity can lead to which injury?**
 - a. Chronic hamstring strains
 - b. Lower back pain
 - c. Chronic quadriceps strain
 - d. None of the above

11. **What will you see in a positive side leg raise?**
 - a. The hip will flex forward
 - b. Trunk side bending done by quadratus lumborum
 - c. The femur ends up externally rotating
 - d. All of the above

Component #1c: Assessment and Exercise for Performance with Nick Rosencutter - Part 1 Exercises – 11 Questions

12. **What is the best exercise to work the hip stabilizers and muscles together to build a solid hip hinge and strength?**
 - a. One leg RDL
 - b. Hip thrust
 - c. Squats
 - d. None of the above

13. **How long should an athlete be able to hold a side bridge?**
 - a. At least 30 seconds
 - b. At least 45 seconds
 - c. At least 75 seconds
 - d. At least 101 seconds

- 14. What is a great exercise to help clean up the spiral line of the body?**
- a. Rotation Side Bridge
 - b. Rotating Side Bridge
 - c. Suitcase Hold
 - d. Half Kneeling Cable Holds

Component #2b – Assessment & Exercise for Athleticism with Anthony Mychal – Presentation (1:35:01)

- 15. What area of the body do athletes use at a higher level than non-athletes?**
- a. Shoulders
 - b. Chest
 - c. Back
 - d. Hip
- 16. What are Olympic lifters able to do in order to prevent back injuries?**
- a. Lock the lumbar spine and hips
 - b. Rotate at the lumbar spine and hips
 - c. Lock the lumbar spine and rotate at the hips
 - d. Lock the hips and rotate at the lumbar spine
- 17. What do great athletes tend to use more?**
- a. Forefoot
 - b. Ankle
 - c. Knee
 - d. Back
- 18. If there something wrong with the 4 keys to athletic movement, what can we use to fix them?**
- a. Motor reprogramming
 - b. Muscle memory
 - c. Breathing
 - d. Stretching
- 19. What must an exercise have in order to qualify for dynamic correspondence?**
- a. Resemble the amplitude
 - b. Consider dynamic effort
 - c. Similar rate and time of maximum force production
 - d. All of the above

Component #3 – Assessment & Exercise for Personal Training with John Izzo – Presentation (1:10:14)

20. Which is NOT something that a GPC typically wants from personal training?

- a. Quality of life improvement
- b. Sleep apnea
- c. To get a flat or ripped six-pack
- d. Decrease depression levels

21. Which is NOT a reason to assess a GPC?

- a. To gauge level of physical capability
- b. To gauge level of exercise commitment
- c. To get feedback from program design
- d. To diagnose a movement dysfunction or injury

22. Why do we have to assess the GPC differently?

- a. They have a different attitude
- b. They are not motivated
- c. They can't do most assessments
- d. None of the above

23. What are we looking for in the GPC assessment?

- a. Level of athleticism
- b. Optimal function
- c. Present dysfunction
- d. Past injuries

24. What is NOT one of the purposes of an assessment?

- a. To see their movement limitations
- b. To see what their body awareness is
- c. To understand what their muscular control is
- d. To see what their mental attitude is

25. What are the two essential areas for assessment in the GPC?

- a. Waist and head position
- b. Foot and knee position
- c. Pelvis and back position
- d. Shoulder and hips

26. What is your best assessment tool?

- a. Ears
- b. Eyes
- c. Hands
- d. Mouth

27. Which is NOT a key point when it comes to GPC assessments?

- a. look for the obvious
- b. encourage them to push it
- c. don't assume
- d. don't diagnose

28. What are you looking for in a BFYB assessment?

- a. Flexibility
- b. stability
- c. cardiovascular level
- d. vertical

29. How many muscles insert or originate in the scapular region?

- a. 12
- b. 11
- c. 10
- d. 9

Component #4 – Assessment & Exercise for Injury Rehabilitation with Rick Kaselj (40:29)

30. What plane of movement does the meniscus provide stability in?

- a. Front
- b. Transverse
- c. Sagittal
- d. Oblique

31. What is often missed when assessing the knee actively?

- a. Being assessed unloaded
- b. Being assessed in load
- c. Looking at rotation
- d. None of the above

32. What is normal flexion range of motion in the knee?

- a. Minus 5
- b. 90 degrees
- c. 120 degrees
- d. 140 degrees

33. What range of motion in the knee do you need to walk normal?

- a. Minus 5 to 140
- b. 0 to 70 degrees of flexion
- c. 3 to 70 degrees of flexion
- d. 0 to 90 degrees of flexion

34. Why is the Screw Home Mechanism so important?
- It puts more stress on the knee's passive structures and less on the knee muscle
 - It puts more stress on the knee muscle and less on the knee joint
 - It puts a balanced stress on the passive and active structures, equally
 - It is not important

Component #5a – Understanding and Finding Your Foot Tripod with Anthony Mychal (2:40)

35. Which is not a structure involved in the tripod?
- Small toe
 - Middle toe
 - Big toe
 - Heel
36. What is the main purpose of the tripod?
- Prevents navicular drop
 - Balance
 - Helps with proprioception
 - Provides foot strength

Component #5b – Standing Hip Flexion Assessment and Exercise with Anthony Mychal (2:07)

37. What would be a positive when performing the standing hip flexion assessment and exercise?
- Knee passing parallel
 - Supporting leg is bent
 - Good balance on their supporting foot
 - Excellent activation of gluteus maxims

Component #6 – Assessment & Exercise for Back Injury Recovery with Rick Kaselj (45:54)

38. What is the main function of the intervertebral discs?
- Prevents movement of the spine forward and back
 - Helps keep us upright
 - Shock absorption
 - Function is not known

39. When you run your fingers over your spine, what structure are you touching?
- Vertebral body
 - Pedicle
 - Transverse process
 - Spinous process
40. How many layers of abdominal muscle do we have?
- 4
 - 3
 - 2
 - 1
41. What structures can the fitness professional have the greatest influence on?
- Bony structures
 - Ligament
 - Nerves
 - Muscles
42. Which is *not* an assessment for the lower back?
- Sitting
 - Squatting
 - Double knees to chest
 - Single knees to the chest
43. What is not a component of a back injury recovery exercise program?
- SMR
 - Balance
 - Warm Up
 - Sprinting
44. Which is the starting level for the wall hand position?
- Palms down
 - Forearms
 - Elbows
 - Closed fist
45. What shoulder movement is poor with most people when performing the plank?
- External rotation of the shoulder
 - Internal rotation of the shoulder
 - Flexion of the shoulder
 - Adduction of the shoulder

46. What hand position can be done for someone with poor range of motion in the shoulders?
- Palms down
 - Forearms
 - Triangle
 - Closed fist
47. What hand position can be done for someone with wrist pain?
- Palms down
 - Forearms
 - Open hands
 - Closed fist
48. What part of the core are you working in the triangle front wall plank?
- Posterior
 - Sagittal plane
 - Frontal Plane
 - Transverse Plane
49. What area other than the core does the bilateral corner retractions exercise hit?
- Legs
 - Shoulder
 - Back
 - Mid-back
50. What is a key core stability benefit of the front plank to push up exercise?
- Works on resisted transverse plane movements.
 - Easy to do since it is in standing.
 - No equipment needed.
 - Work on sagittal plane in the anterior direction of the hip.

Muscle Imbalances Revealed – Assessment & Exercise 1st 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 about the 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 or fax these pages:
Answer Sheet, Course Evaluation, and Certificate Information.

**Muscle Imbalances Revealed – Assessment &
Exercise 1st 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 to: (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
	0.6	NSCA	National Strength & Conditioning Association – Pending
	6.0	BCRPA	British Columbia Recreation & Parks Association - Pending
	6.0	BCAK	British Columbia Association of Kinesiologists
	6.0	BCCMT	British Columbia College of Massage Therapists
	6.0	CSEP	Canadian Society of Exercise Physiologists

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