# Flex Therapist CEUs

# Gluteal Amnesia

#### 1. Which of the following best describes gluteal amnesia?

- A. A condition in which the gluteal muscles become overactive due to excessive exercise and strain.
- B. A condition where the gluteal muscles become inhibited or underactive due to prolonged sitting and poor movement habits.
- C. A disorder involving muscle hypertrophy caused by repetitive gluteal strengthening exercises.
- D. A neurological condition that permanently damages the gluteal nerves and prevents muscle activation.

#### 2. Which of the following statements best explains the primary cause of gluteal amnesia?

- A. It results from overuse of the gluteal muscles during excessive physical activity, leading to fatigue and inhibition.
- B. It develops when the gluteal muscles become permanently damaged from direct trauma or nerve injury.
- C. It occurs due to prolonged sitting and a sedentary lifestyle, which cause tight hip flexors and weak, underactive gluteal muscles.
- D. It is caused by excessive stretching of the hamstrings, which reduces gluteal activation and strength.

# 3. Patients with gluteal amnesia commonly experience pain and tightness in the lower back and hamstrings due to:

- A. Overactivation of the gluteal muscles during hip extension
- B. Compensatory overuse of surrounding muscles caused by poor glute activation
- C. Increased flexibility in the hip flexors and quadriceps
- D. Reduced activity in the lumbar extensors and hamstrings

### 4. What functional consequence can result from weakness of the gluteus maximus?

- A. Trendelenburg gait, characterized by excessive pelvic drop on the opposite side
- B. Improved hip extension and stronger posterior pelvic tilt
- C. Increased lateral stability of the pelvis during single-leg stance
- D. Enhanced hip external rotation and running performance

# 5. Proper activation and strength of the gluteus maximus help prevent musculoskeletal injuries by:

- A. Increasing reliance on the hamstrings and lower back during movement
- B. Limiting hip extension and reducing power output in athletic activities
- C. Encouraging anterior pelvic tilt and excessive lumbar lordosis
- D. Improving movement efficiency, stability, and reducing the risk of lower back, knee, and hip injuries

#### 6. During single-leg stance and gait, the gluteus medius primarily functions to:

- A. Stabilize the pelvis and prevent contralateral hip drop
- B. Flex the hip and extend the knee
- C. Rotate the spine and support lumbar extension
- D. Lengthen the hamstrings and increase stride length

#### 7. The high proportion of type I fibers in the gluteus minimus makes it particularly well-suited for:

- A. Explosive power and sprinting activities
- B. Endurance and postural control during prolonged weight-bearing tasks
- C. Rapid hip extension and jumping
- D. Lumbar spine rotation and trunk flexion

# 8. What is the primary function of the deep lateral rotators of the hip during walking, running, or squatting?

- A. Facilitate hip flexion and knee extension
- B. Increase lumbar spine mobility and trunk rotation
- C. Maintain proper femoral head alignment and provide rotational control
- D. Strengthen the quadriceps and hamstrings for propulsion

### 9. Strengthening the deep lateral rotators of the hip is important for athletes because it:

- A. Increases hip flexion strength and knee extension power exclusively
- B. Improves lumbar spine rotation while decreasing hip stability
- C. Reduces the need for gluteus medius and minimus activation during single-leg stance
- D. Enhances rotational control, lateral movement, and deceleration, reducing injury risk

### 10. What happens during reciprocal inhibition in the hip muscles?

- A. The gluteal muscles become overactive and inhibit the hamstrings
- B. Overactive hip flexors suppress the activation of their antagonist muscles, such as the glutes
- C. Lumbar extensors prevent hip flexion during walking
- D. Pelvic tilt automatically corrects itself without muscular involvement

#### 11. Which assessment can be used to identify compensatory patterns caused by gluteal amnesia?

- A. Prone Hip Extension Test, Overhead Squat Assessment, and gait analysis
- B. Sit-and-Reach Test exclusively
- C. Shoulder Flexion and Elbow Extension Test
- D. Grip Strength Assessment

#### 12. Hyperreflexia and hyporeflexia are abnormal reflex responses that can indicate:

- A. Dysfunction of the vestibular system
- B. Impaired cerebellar coordination
- C. Overactive Golgi tendon organ activity
- D. Central nervous system or peripheral nerve dysfunction

### 13. How do mirror therapy and mental imagery benefit patients in rehabilitation?

- A. By strengthening muscles through high-intensity exercise
- B. By replacing the need for cognitive or behavioral interventions
- C. By promoting motor learning and neuroplastic changes without requiring physical movement
- D. By directly improving joint range of motion without neural involvement

# 14. Which strategies can be used to enhance cortical activation of the glutes?

- A. Passive stretching and joint mobilization only
- B. High-intensity cardiovascular exercise without targeting the glutes
- C. Solely strengthening the hamstrings and lower back muscles
- D. Neuromuscular re-education, motor imagery, and functional electrical stimulation

#### 15. Why is core stabilization important for enhancing glute activation?

- A. The glutes and core work together to stabilize the pelvis and improve motor coordination
- B. Core exercises directly strengthen the hamstrings, replacing glute function
- C. Core stabilization reduces the need for task-specific training
- D. Strengthening the core decreases the brain's involvement in glute activation

#### 16. What is a key first step when implementing motor imagery for gluteal rehabilitation?

- A. Performing high-intensity glute exercises immediately
- B. Mentally visualizing the target movement in a quiet, distraction-free environment
- C. Focusing solely on hamstring activation before glutes
- D. Ignoring kinesthetic sensations and only watching the movement

# 17. What is a common method of providing biofeedback for patients who have difficulty activating their glutes?

A. Passive stretching of the hamstrings

- B. Performing cardiovascular exercises without focusing on the glutes
- C. Isolating the lower back muscles exclusively
- D. Surface electromyography (sEMG) that gives visual feedback on muscle activation

### 18. Which of the following exercises is commonly used during the glute activation phase?

- A. Banded glute bridges
- B. Leg press with heavy weights
- C. Barbell back squats without focus on glute engagement
- D. Seated calf raises

#### 19. How does progressive overload contribute to glute strengthening?

- A. By focusing only on bodyweight exercises without increasing load
- B. By isolating the hamstrings and quadriceps to compensate for weak glutes
- C. By gradually increasing resistance, repetitions, or time under tension to maximize strength adaptations
- D. By performing exercises exclusively at a fast tempo without holds

#### 20. Which component of Pilates helps coordinate glute activation with other muscle groups?

- A. High-speed, repetitive motions without focus
- B. Isolating only the hamstrings during exercises
- C. Performing maximal resistance exercises from the start
- D. Controlled breathing and deliberate movement patterns

#### 21. Which of the following exercises emphasizes glute activation while maintaining pelvic stability?

- A. Fast-paced jumping jacks
- B. Side-lying clamshells
- C. Seated leg extensions without glute focus
- D. Bicep curls with dumbbells

#### 22. How can resistance training complement Pilates in glute rehabilitation?

- A. By replacing Pilates entirely without focus on movement quality
- B. By targeting only the hamstrings and quadriceps while ignoring glute activation
- C. By performing rapid, uncontrolled movements to fatigue the muscles
- D. By providing progressive overload to strengthen the glutes and reinforce proper movement patterns

#### 23. What approach helps translate glute activation into real-world functional movements?

A. Functional movement training, including squats, lunges, and balance exercises

- B. Only performing isolated glute bridges without variation
- C. Rapid, high-repetition exercises without focus on form
- D. Stretching the upper body exclusively

### 24. Why is it important to create a comprehensive treatment plan?

- A. To focus only on stretching the glutes without strengthening
- B. To provide the same exercises to every patient regardless of lifestyle
- C. To restore strength, improve motor control, and reinforce neuromuscular activation
- D. To avoid using progressive strengthening strategies

# 25. What is the primary purpose of a thorough assessment in gluteal rehabilitation?

- A. To immediately start high-intensity strengthening exercises
- B. To identify muscle imbalances, compensatory patterns, mobility restrictions, and functional deficits
- C. To focus only on core muscles and ignore the glutes
- D. To avoid tracking patient progress over time

# 26. Which approach is emphasized in athletic gluteal rehabilitation to improve performance and prevent injury?

- A. Plyometric exercises, sprint drills, and dynamic resistance training
- B. Static stretching only
- C. Light walking and basic core exercises
- D. Passive range-of-motion exercises without load

#### 27. How can eccentric loading help reduce the risk of injury during rehabilitation?

- A. By decreasing muscle flexibility
- B. By isolating only the quadriceps
- C. By promoting faster fatigue without strength gains
- D. By increasing posterior chain strength and improving muscle control

# 28. Which type of exercises are recommended in the early stages of post-surgical glute rehabilitation to activate muscles safely?

- A. High-intensity squats and lunges
- B. Isometric glute squeezes and glute bridge holds
- C. Sprinting and plyometric jumps
- D. Heavy resistance band hip thrusts

## 29. What exercise is particularly effective for improving single-leg stability in older adults?

- A. Chair squats
- B. Seated bridges
- C. Controlled step-ups on a low platform
- D. Banded lateral steps

# 30. Which strategy helps reduce lumbar strain while restoring gluteal function in patients with chronic pain?

- A. High-impact plyometrics
- B. Core-glute synergy exercises
- C. Maximal resistance training
- D. Ignoring compensatory patterns

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