

Flex Therapist CEUs

Hamstring Strain Risk with Dynamic Exercise

1. In addition to inadequate hamstring muscle strength, which of the following is a primary risk factor for hamstring strain?

- A. Altered knee kinematics
 - B. Impaired knee joint proprioception
 - C. Poor hamstring flexibility
 - D. All of the above are primary risk factors for hamstring strain
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2. To prevent hamstring strain, traditional stretching exercise such as static, ballistic, or proprioceptive neuromuscular facilitation stretching is recommended prior to exercise or sporting activities.

- A. True
 - B. False
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3. Which of the following is a common test to examine the hamstring muscle flexibility?

- A. The FABER test
 - B. Patrick's test
 - C. The passive straight leg raise test
 - D. Schober's test
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4. Muscle contraction during the lengthened or stretched state can alter all of the following, except for:

- A. Angular peak torque
 - B. Force generation
 - C. Optimal sarcomere length
 - D. Optimal joint angle
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5. The findings of this study showed that there is an increase in _____ following DS and LEC.

- A. Flexibility
 - B. ROM
 - C. Muscle strength
 - D. Joint position senses
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6. Stretching improves hamstring ROM by improving the muscle compliance.

- A. True**
 - B. False**
-

7. Stretching techniques increase joint ROM as a result of:

- A. A change in stretch tolerance**
 - B. The passive properties of muscle**
 - C. Both a change in stretch tolerance and the passive properties of muscle**
 - D. Neither a change in stretch tolerance nor the passive properties of muscle**
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8. Which of the following impaired hamstring muscle performance?

- A. Jogging only**
 - B. DS**
 - C. LEC**
 - D. All of the above impaired hamstring muscle performance**
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9. Decreased eccentric peak torque takes place following LEC.

- A. True**
 - B. False**
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10. Muscle performance after stretching can be associated with which mechanical factor?

- A. Decrease in motor unit activation**
 - B. Decrease in post activation potentiation**
 - C. Change in the length-tension relationship**
 - D. Muscle performance after stretching can be associated with all of the above mechanical factors**
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11. LEC does not impair knee joint proprioception.

- A. True**
 - B. False**
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12. The short stretching duration of _____ in dynamic closed kinetic chain stretching can improve muscle performance.

- A. 6 minutes**

- B. 3 minutes**
 - C. 90 seconds**
 - D. 45 seconds**
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