

# Flex Therapist CEUs

## Hamstring Stretches - Frequency Required to Maintain Knee Extension Range of Motion

1. Research has demonstrated that a stretching program to the hamstring muscle group to be sufficient for eliciting significant changes in knee extension range of motion, be all of the following, except:

- A. 15-60 seconds
  - B. One to three repetitions per day
  - C. Two days a week
  - D. Six weeks in duration
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2. Ensuring compliance and adherence to prescribed exercises has been shown to be a critical factor in outcomes of exercise programs and the frequency and number of the exercises prescribed influences this compliance.

- A. True
  - B. False
- 

3. An on-going stretching program of \_\_\_\_\_ times per week is required in order to maintain the improvement in range of motion following an initial stretching program.

- A. 2
  - B. 3
  - C. 4
  - D. 5
- 

4. This study demonstrated that any initial improvements in range of motion are lost two weeks after stopping the stretching intervention but that once the stretching program is re-introduced, the initial gains in range of motion are restored.

- A. True
  - B. False
- 

5. A frequency of three times a week is required with an on-going stretching programme for a further \_\_\_\_\_ weeks to maintain the initial improvement in knee extension ROM.

- A. 3
- B. 5

**C. 6**  
**D. 8**

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