

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
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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
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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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