

# Flex Therapist CEUs

## Integrative Manual Therapy Part 2, Specific Therapies & Protocols to Correct Extremity Dysfunction

### Chapter 12: Myofascial Release

**1. Which of the following statements is true?**

- A. The development of palpitation skills is essential for diagnosing facial dysfunction.
  - B. Fascial release techniques can be Direct or Indirect.
  - C. The authors and colleagues emphasize the point that indirect techniques cause less body resistance and provide more effective and efficient results.
  - D. All of the above are true.
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**2. The general treatment sequence for performing a 3-Planar Fulcrum Myofascial Release Technique is to compress the tissue, move the tissue in the direction of greatest resistance, stacking in three different planes of motion and finally maintaining this fulcrum as the tissue unwinds.**

- A. True
  - B. False
- 

**3. When treating glenohumeral joint with articular fascial release, which plane does the superior hand gripping the shoulder girdle rotate the glenoid fossa externally, while the inferior hand gripping the upper arm rotates the humeral head internally?**

- A. 1st Plane
  - B. 2nd Plane
  - C. 3rd Plane
  - D. The Fulcrum
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### Chapter 13: Tendon Release Therapy

**4. Duration of treatment of tendons with Advanced Strain and Counterstrain is 1 minute because all innervated muscles require 1 minute for release of hypertonicity, as compared to 90 seconds release for voluntary nervous system innervated muscles.**

- A. True
  - B. False
-

**5. When treating the achilles tendon, what force should be used to push the tissue perpendicular into the tibia?**

- A. 0.5 lb.
  - B. 1.0 lb.
  - C. 1.5 lb.
  - D. 2.0 lb.
- 

## **Chapter 14: Ligaments: A Tensile Force Guidance System**

**6. When using Horizontal Fiber Therapy, all of the following forces should be applied together to stretch the ligament fibers to achieve separation of the horizontal fibers, except for:**

- A. Pulsing
  - B. Direct pressure
  - C. Rotation
  - D. Torque
- 

**7. The biomechanics function of the peripheral joints is dependent on the biomechanics function of the pelvis, sacrum, and spine. It is highly recommended that pelvis and sacrum joints are treated for biomechanics dysfunction before other joints are treated, unless treatment is inhibited for some reason.**

- A. True
  - B. False
- 

## **Chapter 15: Pressure Sensor Therapy**

**8. Locations of the pressure sensors within the foot and ankle complex are found specifically at:**

- A. Anterior to the lateral malleolus and 2 mm caudal.
  - B. Posterior to the medial malleolus and 3 mm caudal.
  - C. Three (3) mm distal to each of the three cuneiforms, distal from their distal articular surfaces, exactly midline of each cuneiform, on the dorsal surface.
  - D. Five (5) mm superior to the proximal articular surface of the first metatarsal head on the dorsal surface.
- 

## **Chapter 16: Reflex Ambulation Therapy**

**9. When stimulation of the positive supporting reflex in the supine position, the pressure should be a dorsal aspect of the distal metatarsal heads.**

- A. True
  - B. False
- 

**10. The sacrum is always supposed to be flexed during ambulation.**

- A. True
  - B. False
- 

**11. Which of the following is true with regard to Occipitosacral Traction - Reflex Ambulation Therapy?**

- A. A healthy person may require 3 to 5 repetitions.
  - B. A person with neurologic deficits may require 5 to 10 repetitions.
  - C. Each session should be 10 minutes for a healthy person and a person with neurologic deficits alike.
  - D. All of the above are true.
- 

## **Chapter 17: Procedures and Protocols**

**12. Which of the following should be assessed after Total Hip Replacement?**

- A. Neurologic and gait
  - B. Ranges of physiologic motion
  - C. Foot posture
  - D. All of the above
- 

**13. Treatment of chondromalacia includes all the following except:**

- A. Manipulating the tibiotalar and subtalar joints
  - B. Performing Strain and Counterstrain to the iliacus
  - C. Strengthening the quadriceps immediately
  - D. Patellofemoral mobilization
- 

**14. How many sessions is sufficient for Shin Splints Protocol?**

- A. 2 - 4
  - B. 3 - 6
  - C. 4 - 6
  - D. 6 - 10
-

**15. During treatment of Supraspinatus Tendinitis Calcification, myofascial release should be performed for the thoracic inlet, clavipectoral region, lateral neck and hyoid.**

- A. True
  - B. False
- 

**16. When evaluating carpal tunnel syndrome all of the following should be assessed, except:**

- A. Posture
  - B. Ligamentous integrity
  - C. Apprehension/grinding
  - D. All should be tested
- 

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