Flex Therapist CEUs

Pilates - Integration into Physical Therapy

1. When did Pilates first originate?

A. 18th Century
B. 19th Century
C. 20th Century
D. 21st Century

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2. Which principle focuses on activating core muscles, known as the 'powerhouse,' which is essential for stabilizing the lumbopelvic complex?

A. Centering
B. Control
C. Concentration
D. Precision

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3. Which principle emphasizes the quality of exercise technique, performed with limited repetitions and gradual difficulty progression?

A. Centering
B. Control
C. Concentration
D. Precision

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4. Which piece of Pilates equipment consists of a sliding carriage that moves along a set of rails within a frame, with adjustable springs providing varying levels of resistance?

A. Wunda Chair
B. Reformer
C. Ladder Barrel
D. Cadillac

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5. Which historical event was the backdrop for the development of Joseph Pilate's methods?

A. World War 1
B. World War 2
C. The Great Depression
D. The Roaring Twenties

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6. What is the term coined by Joseph Pilates to describe his system of exercises and principles focused on mind-body control, precision, and flowing movement?

A. Centering
B. Pilates
C. Contrology
D. Concentration

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7. What assessment item can reveal weakness in the deep abdominal muscles, such as the transversus abdominis, from excessive lumbar lordosis or anterior pelvic tilt?

A. Single Leg Stance
B. Squat Assessment
C. Core Stability Test
D. Strength Assessment

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8. Which is a balance assessment tool that evaluates a patient's static and dynamic balance abilities through a 14 task list?

A. TUG
B. 6MWT
C. BBS
D. FRT

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9. Which exercises are performed to alleviate back pain, improve pelvic alignment, and to enhance core activation?

A. Pelvic Tilts
B. Bird Dogs
C. Squats
D. Lunges

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10. Which of the following quadruped exercises are beneficial for individuals with low back pain, postural issues, or balance impairments?

A. Pelvic Tilts
B. Bird Dogs
C. Plank
D. Lunges

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11. Which principle of Pilates emphasizes the integration of breath, movement, and mental focus to promote relaxation, stress reduction, and overall well-being?

A. Centering

B. Control
C. Mind-Body Connection
D. Concentration

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12. What type of exercises focus on restoring core strength, pelvic floor function, and overall body alignment after childbirth?

A. Prenatal Pilates
B. Postnatal Pilates
C. Pregnancy Pilates
D. Traditional Pilates

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13. Which is a common chronic inflammatory disease affecting children, characterized by ongoing joint inflammation caused by immune system dysfunction?

A. Juvenile Idiopathic Arthritis
B. Osteoarthritis
C. Ankylosing Spondylosis
D. Rheumatoid Arthritis

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14. Which duration of Pilates is most effective in seeing outcomes improvements?

A. Three 45 minute Sessions per Week for Six Weeks
B. One 60 Minute Session per Week for Six Weeks
C. Seven 10 minute Sessions per Week for Twelve Weeks
D. Three Ten minute Sessions per Week for Six Weeks

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15. Pilates exercises often incorporate which of the following principles to optimize muscle recruitment and enhance the effectiveness of the workout?

A. Myofascial Release
B. Eccentric Loading
C. Muscle-Length Tension Optimization
D. Neuromuscular Facilitation

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16. Which target of Pilates promotes balanced muscle development, improves flexibility, and enhances overall movement efficiency?

A. Progressive Resistance
B. Eccentric Loading
C. Muscle Length-Tension Relationships
D. Neuromuscular Facilitation

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17. Which concept involves gradually increasing the challenge through modifications, variations, and increased resistance?

A. Myofascial Release
B. Eccentric Loading
C. Muscle-Length Tension Optimization
D. Progressive Resistance

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18. Exercises such as lunges, single-leg stability exercises, and rotational exercises aim to improve which of the following?

A. Balance and Coordination
B. Pain
C. Eccentric Control
D. Muscle Length Tension

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19. What factor does Pilates help to manage, by addressing muscular imbalances, improving flexibility and range of motion, promoting core stability and spinal alignment, retraining movement patterns, reducing stress and tension, enhancing body awareness, and offering progressive exercise programming?

A. Balance and Coordination
B. Pain
C. Eccentric Control
D. Muscle Length Tension

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20. What exercise may help to initially address hyperlordotic posture in a patient?

A. Bird Dog
B. Plank
C. Pelvic Tilt
D. Clamshell

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