

MATCHING:

- A. Wolf's Law B. Davis's Law C. Law of Radiation
D. Sherrington's Laws E. Hooke's Law I. Arndt-Schultz Law

18. When you contract one muscle, the opposite muscle must relax.
19. Weak stimuli activate physiologic processes; very strong stimuli inhibit them.
20. Biological systems (including soft and hard tissues) deform in relation to the lines of force imposed on them.
21. Deformation (resulting from strain) imposed on an elastic body is in proportion to the stress (force/load) placed on it.
22. Ligaments or any soft tissue, when put under even a moderate degree of tension, if that tension is unremitting, will elongate by the addition of new material; on the contrary, when ligaments or other soft tissues remain uninterruptedly in a loose or lax state, they will gradually shorten. As the effete material is removed, until they come to maintain the same relationship to the bony structures, with which they are united, that they did before their shortening.

MATCHING: (list all the answers that apply to each muscle)

- a. Upper cross b. lower cross c. Postural d. Phasic e. Type 1 fiber
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| 23. SUBOCCIPITALS | 24. STERNOCLEIDOMASTOID |
| 25. LONGUS CAPITIS & COLI | 26. UPPER TRAPEZIUS |
| 27. SERRATUS ANTERIOR | 28. ANTERIOR SCALENES |
| 29. POSTERIOR ROTATOR CUFF | 30. HYOIDS |
| 31. LOWER & MIDDLE TRAPEZIUS | 32. PECTORALS |
| 33. DEEP NECK FLEXORS | 34. LEVATOR SCAPULAE |
| 35. ILIOPSOAS | 36. GLUTEALS |
| 37. PIRIFORMIS | 38. RECTUS ABDOMINIS |
| 39. TENSOR FASCIA LATAE | 40. PERONEALS |

True or false

TRUE =a FALSE =b

41. The Sub Occipitals have 32 muscle spindles per gram and control the tone of the upper neck and shoulders.
42. The term alignment, taken from a structural integration perspective, represents the repositioning of the body symmetry through reorganization of the soft tissue fascia system of the body
43. A strong blowing breath by the client helps in applying bending techniques.
44. For upper body kyphosis, always move the tissue medial to lateral from the spine
45. In structural bodywork, the concept always dictates the possible techniques to use.
46. The Mid-sagittal line is used to mark the head forward position.
47. Tension in the costal margin must be released to effect change in an upper cross posture.
48. The basic concept of tissue movement in structural bodywork is up the front and down the back.
49. A hand brace will help prevent hand pressure injuries in bodywork.
50. Tissue in the costal margin should be moved medial to lateral from the center.