

TEST: Posture Correction Musculoskeletal Balance

MATCHING:

- a. Ida Rolf PhD b. Andrew T. Still D.O:
c. Dr. Philip Greeman d. Thomas W. Myers

1. "In the presence of vertebral dysfunction, 4th layer muscle fibrosis is always found".
2. "No muscle attaches to no bone at no time."
3. "Go for a Smooth Grove."
4. "Don't chase the pain."
5. "Roll the joints and they will come back home."
6. "Get em straight and if they quit hurting, that's their' tough luck."
7. "The diaphragm must be taken into account for the why of an illness".
8. "Put it back where it belongs and make it move".

True or false

TRUE =a FALSE =b

9. Neuro Massage Therapy is a focus on locating and releasing nerve compression in tissue and postural correction through structural integration concepts.
10. **Golgi tendon organ (GTO)** is a tiny neural mechanism within the muscle fiber that monitors and influences muscular activity.
11. Tension in the Psoas is reflected in the Longus Coli muscle.
12. The Diaphragm is considered by some to be the start of all postural distortion in the body.
13. The Sub Occipitals have **23 muscle spindles per gram** and control the tone of the upper neck and shoulders.
14. The **Muscle spindle** is the inhibitory neural unit located in the tendons and the musculo-tendonis junction.
15. The motor cylinder is composed of the entire fascia and **13 individual bilateral** muscles that attach to the transverse and spinous processes of the cervical vertebrae.
16. The Subcutaneous Fascia will reflex the Deep Fascia using the pattern of '**Langer's Lines**' when moving across the tissue.
17. Phasic muscles become weak and hypertonic when fatigued.

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

23. SUBOCCIPITALS

24. STERNOCLEIDOMASTOID

25. LONGUS CAPITIS & COLI

26. UPPER TRAPEZIUS

27. SERRATUS ANTERIOR

28. ANTERIOR SCALENES

29. POSTERIOR ROTATOR CUFF

30. HYOIDES

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.