

## CHAPTER A & B — Exercise Therapy II (10 Questions)

**1. Define static stretching and list its indications.**

**Bloom's Level:** *Remember (L1)*

**2. Explain the difference between muscle spindle and Golgi tendon organ responses during stretching.**

**Bloom's Level:** *Understand (L2)*

**3. Apply the principles of dynamic stretching to warm-up routines for athletes.**

**Bloom's Level:** *Apply (L3)*

**4. Analyze why tight hip flexors contribute to increased lumbar lordosis during standing posture.**

**Bloom's Level:** *Analyze (L4)*

**5. Evaluate the effectiveness of PNF stretching compared to static stretching for improving hamstring flexibility.**

**Bloom's Level:** *Evaluate (L5)*

**6. Create a stretching plan for a patient with limited ankle dorsiflexion affecting gait.**

**Bloom's Level:** *Create (L6)*

**7. Identify contraindications for passive stretching in acute musculoskeletal injuries.**

**Bloom's Level:** *Remember (L1)*

**8. Illustrate (describe or demonstrate) how reciprocal inhibition is used during PNF stretching.**

**Bloom's Level:** *Understand (L2)*

**9. Apply the concept of active insufficiency to explain why hip extension stretch is harder in prone than in standing.**

**Bloom's Level:** *Apply (L3)*

**10. Formulate a clinical reasoning pathway to safely stretch the cervical region in a patient with dizziness.**

**Bloom's Level:** *Create (L6)*