

9. Extension and rotation are unrestricted and safe biomechanics for a person diagnosed with osteoporosis. True or False
10. Bones become stronger in response to increased stress. True or False
11. Footwork can challenge the neuromuscular system by adding _____ to the foot platform.
12. Once menopause begins, women start to lose bone because of the decline in_____.
13. After age 70, osteoporosis risk factors in men:
 - a. Equal that of women
 - b. Double
 - c. Are 25% higher than women
14. Pelvic Alignment is determined from the back with the following combination of horizontal lines:
 - a. Between the greater trochanters and ischial tuberosities
 - b. Between the greater trochanters and along iliac crest
 - c. Between both PSIS
 - d. All of the above
 - e. B & C
15. Osteoblasts build bone and Osteoclasts remove bone. True or False
16. How is Teaser on Cadillac best modified for a osteoporosis client?
 - a. Hinge at hips only, eliminate thoracic flexion
 - b. Just slow it down
 - c. Hold client's feet
17. During Hip Glide 2, the most bone benefit is gained from a contraction in the lumbopelvic muscles which provide loading and unloading on the lumbar spine segments. True or False
18. The following exercises are eliminated for a person with osteoporosis:
 - a. Leg Circles, Swan, Rowing Front 1
 - b. Boomerang, Twist, Jackknife
 - c. Tendon stretch, Handstand, Head 1 & 3.
19. High impact aerobics are highly recommended for osteoporotic clients. True or False
20. Primary osteoporosis is defined as:
 - a. A congenital bone disease
 - b. Bone loss which only affects the bones in the hips and pelvis
 - c. Both Postmenopausal and Senile osteoporosis

21. Which part of Spinal Extensions may be contra-indicated for clients with spinal osteoporosis:
- Spinal Extension 1
 - Spinal Extension 2
 - Spinal Extension 2: Rotation
22. Hip Glide 1 benefits bones at the hip joint and lumbar spine.
True or False
23. Prevention of osteoporosis involves many factors. Some of them include:
- Healthy diet and balanced nutrition
 - Daily medication
 - Moderate physical activity
 - All of the above
 - a & c
24. The symptoms of osteoporosis are typically obvious, which helps in self-diagnosing.
True or False.
25. Peak Bone mass occurs during:
- The teen years
 - 20's & 30's
 - Middle age
26. When _____ begins, defined as the time before and after menopause, bone loss may begin.
27. The typical profile for Pilates clientele includes:
- 70% females
 - 50% at risk for Osteoporosis
 - a bone mass as low as women in their 80's
28. Neuromusculoskeletal challenges increase balance and coordination. This can be accomplished with:
- Pilates
 - Hiking
 - Yoga
 - All of the above
29. According to the National Institute of Health, the recommended daily intake of calcium for a healthy woman between ages 25-50 is:
- 1500mg
 - 1200mg
 - 600mg
 - 1000mg
30. The foam roll placed lengthwise along the spine during Footwork will benefit an osteoporosis client by:
- Creating awareness of the back muscles
 - Changing the angle of flexion
 - Challenging the neuromuscular system

31. Recent U.S. statistics show there are 1.25 million osteoporotic fractures annually.
True or False
32. What aspect of movement is affected most with Moveable Surface splits?
a. Disassociation of the lower extremity from the trunk
b. Stance and ankle stability
c. Scapula rotation
33. Standing on one leg while performing Tower Bar Standing will challenge proprioception.
True or False
34. Tower Bar Sitting is a recommended exercise for the following reason(s):
a. It increases shoulder girdle strength
b. It can be used in replacement of Tower Bar Standing for clients finding it difficult to stand
c. It increases coordination and core stability
d. All the above
35. Choose the components which best describe a modified Semi-Circle for osteoporosis:
a. Neutral pelvis, no thoracic flexion
b. Lift and lower from hip only
c. Hinge at hips, stabilize thorax, allow back extension
36. Type II Osteoporosis affects both cortical & trabecular bone, which deteriorate at the same rate.
True or False
37. Resorption is:
a. What occurs when calcium & phosphorus are out of balance
b. The chemical reaction when glucocorticoids and corticosteroids are taken together
c. Loss of bone
38. The walking Gait Series is beneficial for:
a. increasing endurance
b. challenging co-ordination
c. both
d. neither
39. Oppositional movement appears in which of the following:
a. All Standing Leg Work
b. Walking Series 1 & 2
40. When is it optimal to begin an exercise program after hip surgery?
a. Immediately
b. After 6 weeks
c. Upon recommendation of a physician

41. Extreme contraction of abdominal muscles, especially the transverse abs, will assist in engaging the multifidus.
True or False
42. Secondary osteoporosis is associated with medical conditions such as:
a. Thyroid disorders, early oophorectomy, abortion
b. Anorexia nervosa, bulimia and overuse of laxatives
c. Cushing's Syndrome, Klinefelter's Syndrome and Hypogonadism
43. Which exercise specifically benefits the bones in the upper back & neck:
a. Scapula Differentiation
b. Extension & Stability
c. Spinal Extension 2
44. Extension & Stability are enhanced doing prone exercises on the Ladder Barrel because:
a. Contraction of lat muscles
b. Stretches and lengthens latissimus dorsi
c. Increases awareness of thoracic stability
d. Both b & c
45. Gravity is the primary resistance factor in which three exercises recommended for osteoporosis?
_____, _____, & _____.
46. Bone remodeling occurs after peak bone mass has been achieved.
True or False
47. Double leg stretch is modified for osteoporosis by:
a. Eliminating the circles
b. Keeping head and thorax on floor
c. Neither of the above
48. Increased challenge can be found in the Walking/Gait exercises by:
a. Moving in different directions
b. Jogging and jumping
c. Taking longer steps
d. All of the above
49. Tower Bar Standing can be a contra-indicated exercise for osteoporosis if a person has lumbar pain, even though the exercise was designed with the osteoporotic population in mind.
True or False
50. All clients can benefit from the modifications for osteoporosis since these reduce forward flexion.
True or False.

