

PILATES
PHYSICALMIND INSTITUTE
PILATES PROTOCOLS TEST

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____



1) Which of the following account for half of all musculoskeletal injuries:

- a) sprains
- b) dislocations
- c) fractures
- d) all of the above

2) One in seven Americans has a musculoskeletal impairment.

_____ True _____ False

3) Which of the follow account for the most visits to physicians?

- a) Knee problems
- b) Shoulder problems
- c) Back problems
- d) Carpal Tunnel Syndrome

4) Name two exercises in the Foam Roller Stretch Series for postural muscle release

_____ & _____

5) How can you modify the theraband stretch for the hamstring muscle and ITB?

6) Describe an exercise for Forward Head Syndrome:

7) Scapular Retraction is necessary to strengthen the _____.

8) Upper trapezius tension should be monitored when working the serratus anterior and mid-trapezius.

_____ True _____ False

9. The Wall Wash exercise has a specific ROM.
_____ True _____ False
- 10) Name an exercise for strengthening the rotator cuff: _____
- 11) A patty of clay, a soft ball and a foam roller can all be used when addressing
- carpal tunnel syndrome
 - thoracic outlet syndrome
 - neither
 - both
- 12) For shin splints release, a client should be positioned on their heels and
- walk in releve
 - walk in dorsi flexion
 - stand in plantar flexion
 - stand in releve
- 13) Which is a recommended exercise for strengthening the dorsi flexors through range?
- toe walk
 - shin splint release
- 14) _____ was the leading chronic condition reported by the elderly in 2000.
- 15) List the four curves of the spine in order starting from the head.
- 16) There are 7 _____ vertebrae found in the spinal column.
- lumbar
 - coccyx
 - thoracic
 - cervical
- 17) Bones provide
- support to the body
 - structure to the body
 - protection of the spinal cord
 - all of the above
 - none of the above
- 18) Large movements of the spine are the result of
- one large movement in one spinal joint
 - one small movement in many spinal joints
 - many large movements in many spinal joints
 - many small movements in many spinal joints
- 19) Name the three parts of the sternum: _____

- 20) Although all motions are possible in the thoracic region, where is the range of flexion and extension most limited?
- upper region
 - mid region
 - lower region
- 21) Motion in the thoracic spine is partially determined by
- the presence of the ribs
 - the orientation of the articular surfaces
 - neither
 - both
- 22) _____chain exercises are the first choice for clients with a meniscus tear.
- 23) What is the most commonly injured ligament in the knee? _____
- 24) List two symptoms of plantar facistitis? _____
- 25) In an S-shaped scoliosis there are how many curves?
- 26) With bursitis, any exercise that involves abduction or flexion movements over 45 degrees may need to be_____.
- 27) Clients with osteoporosis should avoid _____exercises.
- 28) Most shoulder dislocations are anteriorly inferior.
- _____ True _____ False
- 29) Frozen shoulder is a condition that is more common in men.
- _____ True _____ False
- 30) L5 on S1 is the least common area for spondylolisthesis to occur.
- _____ True _____ False
- 31) Define spinal stenosis: _____
- 32) PhysicalMind is always one word because:
- It modifies Institute.
 - It is the organization's logo.
 - It is an invented word like bodymind.
 - All of the above.

Please complete the following essay questions on a separate sheet & attach to exam.

- 33) Pick a spinal issue covered on pages 5-9 and describe a routine you would give to a first time, 45 yr old male client. Base your answer on your entire training experience since joining **PhysicalMind Institute** and information highlighted in Pilates Protocol.
- 34) What is the most common form of Muscle Adaptation you have witness in your Pilates clients? Please explain how this has influenced you as an instructor.
- 35) In your own words, describe the painful process of circulatory statis in relation to Muscle Guarding.