

NASM CES Final Exam 50 Questions with Correct Answers 2023

A runner who experiences reoccurring episodes of plantar fasciitis, shin splints and patellar tendonitis is most likely affected by which of the following postural distortion syndromes?

pronation distortion syndrome

An estimated ACL injuries occur annually in the general U.S. population.

80,000 to 100,000

During an overhead squat you notice an asymmetrical weight shift, which muscles could be underactive?

gluteus medius on the side of the shift

During an overhead squat you have low back rounds compensation, which muscles could be underactive?

erector spinae

During the overhead squat assessment, the compensation of knees move inward can be attributed by overactivity of which muscles?

vastus lateralis

Florence and Henry Kendall addressed postural deviations through the relationship of ?

agonist-antagonist muscle groups

Flexion of the ankle is called

dorsiflexion

For a foot and ankle impairment what muscle should receive SMR?

biceps femoris

If the knees move inward what muscles would receive static stretching?

TFL

If client demonstrates an asymmetric shift which muscles should receive static stretching?

TFL same side

If low back arches which muscles should receive SMR?

Latissimus dorsi

Functionally tightened or overactive muscles accompanying the lower extremity movement impairment syndrome include

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