

Name: \_\_\_\_\_

**CHAPTER 16 WORKSHEET**  
**USING THERAPEUTIC EXERCISE IN REHABILITATION**

**MATCHING**

- |   |   |
|---|---|
| <p>_____ 1. Isotonic Contraction</p> <p>_____ 2. Muscle Strength</p> <p>_____ 3. Muscle Endurance</p> <p>_____ 4. Atrophy</p> <p>_____ 5. Arthrokinematics</p> <p>_____ 6. Isometric Contraction</p> <p>_____ 7. Therapeutic Exercise</p> <p>_____ 8. Isokinetic Contraction</p> <p>_____ 9. PNF</p> <p>_____ 10. Neuromuscular Control</p> | <p>A. Motion occurring between two articulating surfaces of a joint throughout a physiologic range</p> <p>B. Ability to sustain muscle contraction at a submaximal effort over time</p> <p>C. Exercises are concerned with restoring normal body function after injury</p> <p>D. A manual therapy technique that can be used for strengthening muscle or increasing range of motion</p> <p>E. Contraction with no change in length of muscle or the angle of the joint</p> <p>F. Allows athlete to overcome a given resistance</p> <p>G. Shortening or lengthening the muscle through its complete range of motion</p> <p>H. Contraction of muscle against an accommodating resistance throughout the facilitation ROM</p> <p>I. Mind's attempt to teach the body conscious control of a specific movement</p> <p>J. The "wasting away" or decrease in muscle tone.</p> |
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**SHORT ANSWER**

11. \_\_\_\_\_ is one of the most important rehabilitative tools available to the athletic trainer, therapist or coach.
12. What are the two types of kinetic chain activities and their definitions?
- a. \_\_\_\_\_
- b. \_\_\_\_\_
13. What happens to the body when activity is suddenly stopped? \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
14. Besides muscle strengthening and flexibility, what other elements should be included in a rehabilitation program?
- \_\_\_\_\_
- \_\_\_\_\_
15. What are some *disadvantages* to using isotonic exercise? \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
16. What is *joint mobilization* meant to improve? \_\_\_\_\_
17. What is the significance of the *pre-operative exercise phase*? \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

