

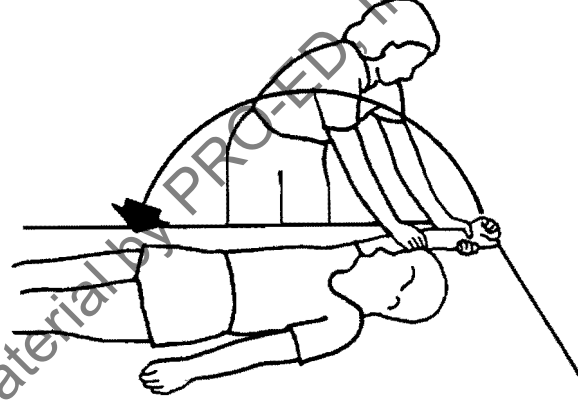
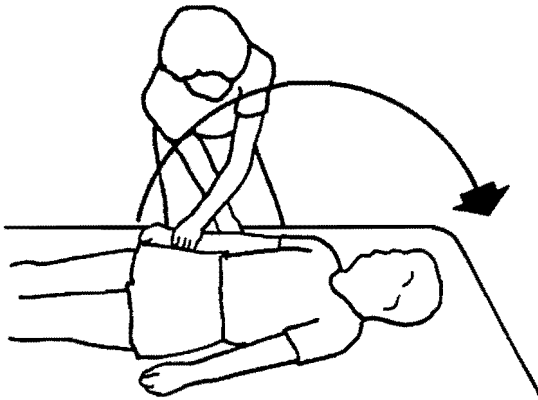
Range of Motion Exercises (ROM) (continued)



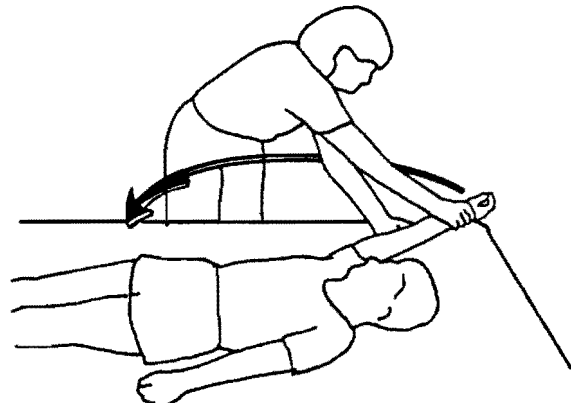
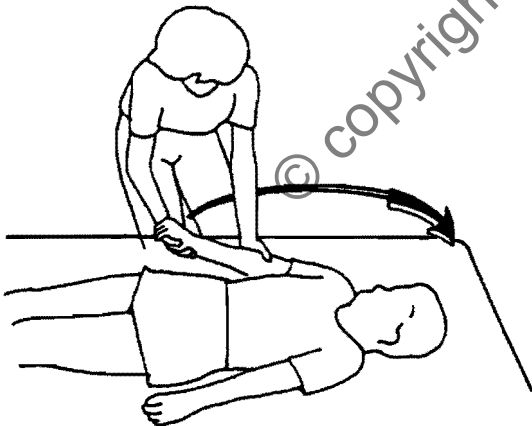
Long Sitting (for adductors, hamstrings, low back)
Fig. 7



Tailor Sitting (for hip rotators, adductors, low back).
Fig. 8



Shoulder Flexion/Extension
Fig. 9



Shoulder Abduction/Adduction
Fig. 10

Anatomy Test

Multiple Choice

Circle the one best answer.

1. There are
 - a. 5 cervical vertebrae
 - b. 7 cervical vertebrae
 - c. 12 cervical vertebrae
 - d. 9 cervical vertebrae

2. The spine is divided into
 - a. 2 levels
 - b. 3 levels
 - c. 4 levels
 - d. 5 levels

3. There are
 - a. 5 thoracic vertebrae
 - b. 7 thoracic vertebrae
 - c. 12 thoracic vertebrae
 - d. 9 thoracic vertebrae

4. The lumbar spine forms a curve called a
 - a. kyphosis
 - b. lordosis
 - c. lateral
 - d. none of the above

5. The thoracic spine forms a curve called a
 - a. kyphosis
 - b. lordosis
 - c. lateral
 - d. none of the above

6. The ribs connect to the
 - a. lumbar vertebrae
 - b. sacral vertebrae
 - c. coccygeal vertebrae
 - d. thoracic vertebrae