



MYOFASCIAL STRETCHING COURSE STUDY QUESTIONS

1. What is a muscle?
2. Briefly describe what fascia is and discuss its role or significance in relationship with the muscles.
3. Give three (3) different examples of fascia.
4. Explain the difference between a strain, a sprain, and a tear.
5. What is a tendon?
6. What is an aponeurosis?
7. What is a joint?
8. Briefly discuss the different types of joints in the body and give an example of each.
9. What is a joint capsule?
10. Define mono-articular muscle and give an example.
11. Define poly-articular muscle and give an example.
12. Describe the anatomy, function(s) and relationships of the Ilio-Psoas muscle.



13. List the attachments of the latissimus dorsi muscle.
14. List the functions of the lat dorsi muscle.
15. Discuss the classic and descriptive anatomy of the lat dorsi. Include specific fascial structures.
16. Discuss the anatomy in relation to the lat dorsi muscle specific to the upper limb, glenohumeral joint and scapulothoracic joint.