



**FOR REFERENCE PURPOSES ONLY -
THE QUIZ MUST BE PURCHASED AND COMPLETED ONLINE IN ORDER TO EARN CEUS**

Conference Video Quiz
Hip Rotators: Friend or Foe?

1. Which of these muscle groups is exclusively orientated in the horizontal plane?
 - a. Hamstrings
 - b. External rotators
 - c. Quadriceps

2. Which of these is considered a role of the hip rotators?
 - a. Accelerates RFD in the lower extremity
 - b. Dispersion of force from the knee
 - c. Provide rotational instability to the ankle

3. In rotational sport, with each step an athlete takes, the hip goes into which type of movement?
 - a. Flexion
 - b. Adduction
 - c. Internal rotation

4. When the hip goes into internal rotation, the external rotators perform which muscle action?
 - a. Eccentric
 - b. Isometric
 - c. Concentric

5. Which of these is considered an intrinsic problem of the hip rotators?
 - a. Decreased demand on IT band
 - b. Leg length discrepancy
 - c. Hamstring strain



6. Deceleration should occur at the
 - a. hip and foot.
 - b. knee and ankle.
 - c. gluteus maximus.

7. Those with a short leg discrepancy will be expected to compensate with
 - a. internal rotation of the hip.
 - b. external rotation of the hip.
 - c. increased pronation of the foot.

8. Those with longer leg discrepancies are predisposed for which type of lower extremity injury?
 - a. Hip flexor strain
 - b. ACL
 - c. Patellofemoral

9. Rather than a function of weak calves, issues with the Achilles tendon may be a result of tight
 - a. quadriceps.
 - b. hip flexors.
 - c. hamstrings.

10. The hamstrings function primarily in which planes of movement?
 - a. Frontal, transverse, sagittal, horizontal
 - b. Frontal and horizontal
 - c. Transverse and sagittal