



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

Conference Video Quiz  
Secrets to Enhancing Shoulder Function

1. Which of the following is the stated purpose of implementing the Functional Movement Screen (FMS) is which of the following?
  - a) Injury Prevention
  - b) Help athletes perform better
  - c) Determine which exercises best fit the individual
  
2. Which of the following is a recognized phase of the FMS?
  - a) Enhance
  - b) Develop
  - c) Recover
  
3. According to Dr. Burton, impaired shoulder mobility is associated with which of the following?
  - a) Decreased squat
  - b) Decrease bench press 1RM
  - c) Decreased grip strength
  
4. Research has shown that grip strength may be inversely related to which of the following?
  - a) Type II diabetes
  - b) Obesity
  - c) Longevity
  
5. Performing exercises that use which of the following movements is contraindicated in athletes prior to baseball practice?
  - a) Forward reach
  - b) External humeral rotation
  - c) Humeral Flexion



6. According to the compression/distraction concept of training stability muscles, which of the following is the best way to train the rotator cuff?

- a) Pullups
- b) Ankle mobility drills
- c) Band external humeral rotations

7. Dr. Burton states that poor performance on which of the following FMS tests is associated with an increased injury risk in NFL players?

- a) Lunge
- b) Overhead Squat
- c) Y balance test

8. According to Dr. Burton, a healthy adult should be able to hold their breath for how long after complete voluntary exhalation?

- a) 15 seconds
- b) 20 seconds
- c) 25 seconds

9. Providing highly specific instruction about the FMS test leads to an increase in which of the following test parameters?

- a) Reliability
- b) Validity
- c) Precision

10. The goal of assessing symmetry is to develop a program that serves which of the following functions?

- a) To eliminate asymmetry
- b) To prevent asymmetry from getting worse
- c) To enhance dominance