

1. Based on the “Terminology and classification of muscle injuries in sport: The Munich consensus statement” by Mueller-Wohlfahrt, et al., BJSM (2012), which term is not considered appropriate when classifying muscle disorders?
  - a. Strain
  - b. Indirect
  - c. *Functional*
  - d. *Structural*
2. The estimated time to complete the muscle repair phase, or “Phase 2”, following injury can be as long as:
  - a. 4 days
  - b. 7 days
  - c. 14 days
  - d. 24 days
3. Which statement is false regarding the usefulness of imaging in diagnosing muscle injury and tracking recovery?
  - a. Overall, there is consistent Level 2 evidence the MRI and Ultrasound offer useful diagnostic contributions to muscle injury.
  - b. Both MRI and Ultrasound are being used effectively in the assessment of muscle injury and recovery
  - c. Experts (experienced clinicians) report utilizing MRI and ultrasound in the diagnostic and recovery process.
  - d. Overall, there is no evidence that MRI and Ultrasound offer useful diagnostic contributions to muscle injury.
4. During the care and rehabilitation, our primary goals following indirect muscle disorders should not include:
  - a. Maximizing tissue regeneration
  - b. Minimizing tissue fibrosis
  - c. Maximizing muscle length
  - d. Minimizing tissue injury and re-injury
5. Regarding muscle healing, research suggests:
  - a. Muscle healing is complete upon return to athletic participation
  - b. Muscle healing is complete once pain has subsided
  - c. Muscle healing is incomplete upon return to athletic participation
  - d. Pain is the best indicator of muscle healing
6. Relative to the choices listed below, Level 1 research evidence supports which rehabilitation program following structural muscle disorder (acute hamstring injury strains)?
  - a. Progressive agility and core program
  - b. Hamstring strengthening
  - c. Hamstring stretching
  - d. Progressive running
7. What is reported most consistently as the most consistent predictor of a future structural muscle disorder (acute muscle strain)?
  - a. Previous injury
  - b. Shortened muscle length
  - c. Limited flexibility
  - d. Strength imbalance

8. The most current literature reviews regarding the prevention of muscle injury indicate
  - a. Insufficient evidence to support specific protocols
  - b. Sufficient evidence to support flexibility protocols
  - c. Sufficient evidence to support strengthening protocols
  - d. Sufficient evidence to support conditioning protocols
9. Which statement is true regarding hamstring injury and eccentric strengthening?
  - a. At least one research study supports its use in the treatment and prevention.
  - b. Comprehensive literature reviews consistently supports its use.
  - c. There is no research supporting its use in treatment and prevention.
  - d. All of the above choices are false
10. Regarding the acute (initial 48 hours) care of structural muscle disorders, "expert" (experienced clinician) opinions support:
  - a. Early stretching
  - b. Aggressive concentric strengthening
  - c. Aggressive eccentric strengthening
  - d. Conservative treatment