FOUNDATIONAL CONCEPTS

1. bending movement; decreases relative angle between segments

2. straightening movement; increase relative angle between segments

3. extension at the ankle

4. flexion at the ankle

5. movement away from the middle

6. movement toward the middle

7. transverse plane arm movement from anterior to lateral (ie. chest flies)

8. rotation toward the mid line

9. rotation away from the midline

10. muscular force greater than resistive force; muscle shortens

11. muscle developes tension while lengthening; decelerates force

12. muscular force equal to resistive force; no change in muscle length

13. resting length of a muscle and the tension it can produce at that length

14. muscles working together to produce movement

15. as the veloctiy of a contraction increases, concentric force decreases and eccentric force increases

16. ability to produce and reduce force, and stabilize the kinetic chain in all three planes of motion

17. alingment of the musculoskeletal system that allows center of gravity to be maintained over a base of support

18. soft tissue modles along the lines of stress

19. when neural impulses that sense tension are greater than the impulses that cause muscles to contract; inhibits muscle spindles

A. muscle imbalance

B. Adduction

C. external rotation

D. postural distortion patterns

E. altered reciprocal inhibition

F. Concentric

G. Length-tension relationship

H. Autogenic inhibition

I. dorsiflexion

J. synergistic dominance

K. internal rotation

L. force veloctiy curve

M. Davis's law

N. Exentsion

O. Horizontal abduction

P. Isometric

Q. Abduction

R. Neuromuscular efficiency

S. Eccentric

20. simultaneous contraction of one muscle, and relaxation of its antagonist to allow movement

21. tendency of the body to seek the path of least resistance

22. consistently repeating the same motion; places abnormal stresses on the body

23. predictable patterns of muscle imbalances

24. muscle inhibition caused by a tight agonist, which inhibits its functional antagonist

25. synergist takes over function for a weak or inhibited prime mover

26. alteration of muscle length surrounding a joint

T. Reciprocal inhibition

U. Relative flexibility

V. Structural efficiency

W. Plantarflexion

X. pattern overload

Y. Force couple

Z. Flexion