

PAR-Q

1. what determines the risk of exercising for an individual?
A. ankle sprains
2. tight hip flexors, rounding of the shoulders and a forward head are symptoms of this condition
B. prolonged sitting
3. this can create pattern overload
C. past injury
4. these can cause tight gastrocnemius and soleus causing decreased dorsiflexion and over-pronation (flat feet)
D. shoulder injury
5. causes elevated heart rate, bp, and ventilation at rest and when exercising and/or abnormal breathing patterns that cause imbalances in the neck, shoulders, chest and low back.
E. non-contact knee
6. a strong predictor of future risk of injur
F. repetitive movement patterns
7. these decrease neural control to the gluteus medius and maximus
G. PAR-Q
8. these decrease neural control to muscles that stabilize the kneecap
H. Mental stress
9. these types of injuries are often the result of hip or ankle dysfunction
I. low back pain
10. can cause decreased neural control of core stabilization muscles
J. knee injury
11. can lead to altered neural control of the rotator cuff
K. beta-blockers
12. common meds can effect exercise performance such as these, which lower heart rate and blood pressure
L. dress shoes