



Mirror Image Exercise - Quiz

1. If the _____ and _____ don't get fixed then you're not fixed!
2. To live a long, active, energetic life, few things matter more than _____.
3. Mirror Image Exercises (MIE) are exactly the opposite of the patient's posture distortions. True False
4. What is the master control system of the body?
5. What three body parts must be aligned for optimal posture?
6. Mirror Image Exercises reduce the force on spinal tissues. True False
7. Because there are 130 million combinations an abnormal postures, when is it a good time to start working on posture exercises, And under what supervision?
8. Which two postural exercises are you working on?
9. For Mirror Image Exercises. How many; days per week should you be performing MIE's _____. How many repetitions per day _____. How many seconds per repetition _____.
10. During your Mirror Image Exercises what percentage of effort should you be giving?
A) 10% B) 50% C) 70% D) 100%
11. Mild and moderate soreness are a part of your Mirror Image Exercises, what is not acceptable during these exercises?
12. In order to see appreciable strength gains, the exercises must be performed for a minimum of _____.
13. In a study of patients who needed surgery Nelson & Colleagues found that an aggressive 2-3 month exercise program prevented surgical intervention. True False
- 13a. When did those patients on average notice pain relief?
A) 1-2 Weeks B) 2-3 Weeks C) 3-4 Weeks
14. 50% of improvement in abnormal posture after...
A) 1 Month B) 2 Months C) 3 Months