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## **Clinical Kinesiology and Anatomy Chapter 5** **questions with correct answers**

The more movable bone Answer ✓ ✓ insertion

The more stable bone Answer ✓ ✓ origin

origin is moving towards the insertion Answer ✓ ✓ reversal of muscle action

\_\_\_\_\_ kinetic chain exercises are based on the distal segment being fixed and the proximal end being moved. Example: Stand from sit Answer ✓ ✓ Closed.

the length of a muscle when it is unstimulated Answer ✓ ✓ normal resting length

the ability to respond to a stimulus Answer ✓ ✓ irritability

the muscle's ability to shorten or contract when it receives adequate stimulation.  
Answer ✓ ✓ Contractility

the muscle's ability to stretch or lengthen when a force is applied. Answer ✓ ✓  
Extensibility

the muscle's ability to recoil or return to normal resting length Answer ✓ ✓  
Elasticity

\_\_\_\_\_ refers to the force built up within a muscle Answer ✓ ✓ Tension

# Lab Manual Answers Clinical Kinesiology

**O García**



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