



CEC QUIZ:

Posture & Alignment of the Upper Extremity (1.0 Physical CEC) By: Jillian Stecklein, PT

Name: _____ Date: _____

1. Which of these cues can you give participants when standing in proper alignment?
 - a) Shift weight back into heels
 - b) Round the spine
 - c) Gently squeeze the glutes
 - d) Keep the chest upright
2. During pregnancy your body is adjusting to an ever changing center of mass. This means you will have a more anterior center of mass as baby grows. This does not put your postural muscles in good alignment. What can you do to help?
3. _____ can cause additional fatigue during the day with muscle/joint soreness and pain which can prevent you from doing your typical activities.
4. What does “stacked position” mean?
5. Where should the feet be positioned when standing in good alignment?
6. Describe what Jillian calls the “Last straw”. Please share an example of this.



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7. What can the last straw cause?
8. Where your symptoms are located is often _____ the area of dysfunction.
 - a) The same as
 - b) Different than
 - c) Congruent to
 - d) Indentical to
9. When dialing into the mechanics of the upper body what three things should be looked at?
 - a) Neck, head, shoulders
 - b) Abdomen, chest, scapula
 - c) Scapula, nerve function, posture
10. What happens when we don't strengthen our support muscles??
11. What are some common symptoms of a weak upper core or poor postural alignment?
12. How can you as an instructor relate the information you learned in this talk to your students?
13. What are some ways in which we can combat injury other than proper postural alignment?
14. Shoulder taps from Hands and Knees can strengthen what muscles?