



CEC QUIZ: Myofascial Release (1.0 Spiritual CEC) By: Lena Hunt

Name: _____ Date: _____

1. Fascia forms a continuous 3D network that _____ and _____ the body's structure effectively.
2. Fascia aids in transmitting _____ (muscle) forces throughout the body, enhancing _____.
3. (True or False) Fascia contains sensory nerves that react to physical and emotional stress.
4. Sensory and Emotional Response influences:
 - a. Muscle and brain development
 - b. Posture and movement
 - c. Blood flow and heart rate
5. Fascia's responsiveness to _____ stimuli plays a critical role in _____ health and _____ management.
6. What are the four factors that restrict fascia?



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7. What types of factors are chronic stress, poor posture, and a sedentary lifestyle?

8. What external contributors cause fascial adhesions and fibrosis, limiting tissue glide?

9. What are the three different types of myofascial release?

10. List four key benefits of MFR therapy.

11. What are the three pillars of John F. Barnes Myofascial Release?
 - a. Rebounding, Pressure, Hydration
 - b. Elongate, Sliding, Gliding
 - c. Structural, Unwinding, Rebounding

12. Catechism 365: "The unity of soul and body is so profound that one has to consider the soul to be the _____ of the body. It is because of its spiritual _____ that the body made of matter becomes a living human body; _____ and _____, in man, are not two natures united, but rather their union forms a _____ nature.

13. The evil one tries to divide. The challenge to us as instructors is to help our clients do what?