



STUDY GUIDE

For the Corrective Exercise Specialist Exam

Rationale

PART 1: Define and describe the components of the four phases of the Corrective Exercise Continuum.

PART 2: In short, discuss injuries of the Foot and Ankle, Low Back, Knee, and Shoulder.

Human Movement Science

PART 1: List all of the muscles in the Posterior Oblique Subsystem and Deep Longitudinal Subsystem. Which Plane of motion best relates to the Lateral Subsystem?

PART 2: Complete the chart below and memorize **all** of the Concentric and Eccentric Actions for the following Muscles. (Note: the eccentric actions are the exact opposite joint motions from the concentric. This can help with memorization.)

Muscle	Concentric Action	Eccentric Action
EXAMPLE: Anterior Tibialis	Ankle Dorsiflexion, Ankle Inversion	Ankle Plantarflexion, Ankle Eversion
Posterior Tibialis		
Soleus		
Gastrocnemius		
Peroneus Longus		
Biceps Femoris Short Head		
Medial Hamstrings (Semimembranosus Semitendinosus)		
Vastus Lateralis		
Rectus Femoris		