

Workbook : Musculo-skeletal mechanics.

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

Self-assessment

1.	Choose one of the reflexes from the course - draw your own version of how the reflex works, and describe it in your own words.
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2.	If you cut the gamma motor input to a stretch receptor and then stretch the muscle, what would happen, if anything? Explain your answer.

3.	What is the difference between isometric and isotonic muscle contraction. Give an example of both which is not the same as that given in the workbook.
4.	What is eccentric muscle contraction, and how does it differ from concentric contraction ?

5. For each of the following muscle shapes, find an example (which is not given in the workbook).

Pennate

Parallel

Circular

Fusiform

6.	What does the term 'contractility' refer to in relation to muscle characteristics ?
7.	What is a synergistic muscle ?
8.	What is a fixator ?

9.	Draw, and give muscle examples of, the three different classes of lever.
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10.	Explain the terms 'passive' and 'active' insufficiency.
11.	What is the concept of 'core stability' ?
12.	How is core stability thought to contribute to posture ?

Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful, was it interesting, was it applicable to your practice? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course?	
Did you complete the course on your own, or as part of a learning group?	

Your general reflective account :

Key Learning / Practice points (list up to 5) :

1.

2.

3.

4.

5.

If you feel you have any further comments to make about your learning, please use the space below.