

ART - Active Release Technique Practice Test Questions and Answers

1. How does ART help manage pain?

- A) By increasing tension in affected muscles
- B) By breaking down adhesions and restoring movement
- C) By eliminating the need for exercise
- D) By reducing blood flow to affected areas

2. How does ART support recovery after an injury?

- A) By restricting blood flow to injured areas
- B) By breaking down scar tissue and restoring mobility
- C) By eliminating the need for rehabilitation
- D) By reducing range of motion permanently

3. What is a key benefit of manual therapy in ART?

- A) To increase muscle stiffness
- B) To improve circulation and range of motion
- C) To cause long-term muscle fatigue
- D) To decrease flexibility

4. Which mobility technique is commonly used in ART?

- A) Static holding without movement
- B) Active-assisted stretching
- C) Restricted muscle compression
- D) Isometric contraction only

Answers: 1-B 2-B 3-B 4-B

For More ART - Active Release Technique Questions and Answers FREE, ART - Active Release Technique Online Prep Training, ART - Active Release Technique Exam, ART - Active Release Technique Study Guide, ART - Active Release Technique Flashcards, ART - Active Release Technique Quizzes visit:

ART - Active Release Technique Practice Test