

PAS Practice Test Questions and Answers

1. How do postural taping methods assist correction?

- A) By restricting all movement
- B) By supporting posture and reducing strain
- C) By increasing pain
- D) By weakening muscles

2. What is the purpose of a posture grid in assessment?

- A) To record heart rhythm
- B) To visually detect postural deviations
- C) To measure blood pressure
- D) To evaluate lung capacity

3. What role does stretching play in postural correction?

- A) To strengthen muscles
- B) To lengthen tight muscles
- C) To decrease joint mobility
- D) To reduce bone density

4. What is the use of palpation during posture assessment?

- A) To visually inspect posture
- B) To feel tissues and detect abnormalities
- C) To measure blood pressure
- D) To assess balance

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

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