



Physio Questions 3

1. Define the term active movement and name at least five positive effects of it.
2. Define the term assisted movement and name at least three positive effects of it
3. Define the term passive movement and name at least three positive effects of it
4. What do we understand by muscle tone?
5. What do we understand by movement coordination and name a clinical condition where a coordination is disturbed
6. Define the term relaxation and contraction of muscles
7. Define the term activation of muscles and describe where it is used in clinical practice

Enjoy answering these questions and if you like to send them back to me, you will find an envelope enclosed.

Sala hantle
Ntate Thuso