**Pg. 155 #2, 3, 7**

**#2) Define endurance, and discuss the relationship of endurance to muscle testing**

* Endurance is simply the exertion or work sustained over a period of time. Endurance relates to muscle testing because there are different grades for strength and endurance within testing. If a person has weaker strength, then they are also going to have less endurance. Muscle endurance is the number of times the muscle can contract on maximum level. It’s important for the therapist to understand muscle endurance as they are performing a manual muscle test.

**#3) What is the difference between spasticity and normal muscle strength?**

* Spasticity is increased muscle tone and is commonly defined as an increased resistance to passive stretch caused by an increased or hyperactive stretch. Normal muscle strength refers to the amount of force a muscle or person can produce by themselves with no help.

**#7) If joint range is limited, how can strength be tested, and how would this limitation be recorded?**

* If joint range is limited, then strength can be tested through ADL’s and what the patient can and can’t do. It can be recorded as testing functional activities and the patient’s strengths and weaknesses.

**Pg. 131 #3, 6**

**#3) Describe three types of functional activities that can increase ROM in shoulder flexion**

* Brushing hair or washing hair
* Pulling the fan string to turn on overhead fan or reaching
* Putting a shirt on

**#6) Describe how crepitation and discomfort can influence ROM**

* Crepitation and discomfort can influence ROM negatively because the patient feels uneasiness or even pain. The patient may even be nervous to move their joint because of the popping in the joint and they feel like they are hurting their body more by moving. If the patient doesn’t move their joints, then their ROM is going to continue to decrease over time.