

Here are multiple-choice questions (MCQs) with answers on therapeutic exercise:

1. Which of the following is a primary goal of therapeutic exercise?

- a) Increase pain
- b) Decrease range of motion
- c) Improve functional ability
- d) Induce muscle atrophy

Answer: c) Improve functional ability

2. What is the term for exercises designed to improve muscle strength?

- a) Aerobic exercises
- b) Isometric exercises
- c) Isotonic exercises
- d) Stretching exercises

Answer: c) Isotonic exercises

3. Which of the following components is NOT typically included in a comprehensive therapeutic exercise program?

- a) Flexibility training
- b) Cardiovascular training
- c) Neuromuscular control
- d) Balance training

Answer: b) Cardiovascular training

4. What term refers to the ability to maintain equilibrium during stationary and dynamic activities?

- a) Flexibility

Mcq Questions Of Exercise Therapy With Answer

RJ Alexander



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