



SECTION A

1. What makes MAP different from known rehabilitation techniques?
2. Name 5 movement principles that fascia thrive on.
3. Explain the concept “two-directional pull” and give an example of how you would cue such an exercise.
4. Give a synonym for the concept “two-directional pull”.
5. Give the definition of Pandiculation.
6. Explain the difference between the traditional concept of the core, versus the myofascial core.
7. Explain the concept of muscle gears in a myofascial line, and use examples.
8. Explain the pathway of the myofascial core.
9. What is the importance of the Psoas muscle?
10. Name the 5 evaluation tools we use in MAP with a new client.
11. Why would thoracic mobilisation on a roller affect your breathing? (Consider the diaphragm’s anatomy)
12. How will you explain to a client why you loosen behind his neck when his hamstrings cramp during an exercise?
13. Explain the Spiral Lift test step by step. Also give examples of compensatory patterns possibly shown in this test.

SECTION B - PATIENT SCENARIO

Patient X presents with low back pain. Upon evaluation with the pelvic tilt and thrust, he cannot engage the gluteus muscles and experiences pain in his neck. What are the possible causes and how would you go about to solve it?

Please attach your answers on a separate document together with the following info:

Name, surname, HPCSA number, SASP number, date of INTRO & TRAINER course completed & date of exam completed. Please allow 2-3 weeks from submission for feedback & results.