Test Soft Tissue Techniques

|  |  |  |
| --- | --- | --- |
|  | Questions  | Answers  |
| 1 | Name 3 benefits of applying Connective Tissue Release  |  |
| 2 | What are the Trigger Points and what types are they? |  |
| 3 | What are contraindications for applying corrective frictions? |  |
| 4 | What type of tissue affected by CTR technique? |  |
| 5 | What are contraindications (cautions) for applying Soft Tissue Release technique? and in what type of sports massage it can be used? |  |
| 6 | What are benefits of applying TPs (NMT) technique? |  |
| 7 | Name 3 methods of application of CTR |  |
| 8 | What are the benefits of applying of MET? |  |
| 9 | What type of soft tissue technique can be used in pre-event sports massage? |  |
| 10 | Name 2 types of MET and describe the difference between them. |  |