



**TRUE SPORT  
CARE**  
STRENGTHEN AND PROTECT  
SEASON AFTER SEASON

## TRUE OR FALSE

1. Pain is the only indication of imbalance in the athlete body?  
T F
2. Athlete preparation and recovery is the most important part of an injury prevention program.  
T F
3. Tight muscles are acceptable if it is an inherited trait.  
T F
4. Better athletes typically have less imbalances and dysfunction.  
T F
5. Attention to proper form and technique guarantees the proper utilization of target muscles.  
T F
6. Rest is the best recommendation for an "overuse" diagnosis.  
T F
7. Learning the official medical diagnosis helps to effectively treat a condition.  
T F
8. Deadlifting should be avoided by back patients and the elderly.  
T F
9. Treating the site of the pain is the most effective way to treat the cause of a condition.  
T F
10. Glute bridging will always target and build the Glutes.  
T F