

Physical Therapeutics 2

Hands on Healing

Activities

There are no specific activities for this lesson as it is full of at home activities to do.

Pre-assessment Quiz: Physical Therapeutics 2

1. What does recovery mean for the body?

- A. Doing nothing at all
- B. Only sleeping
- C. The body repairing and restoring function over time**
- D. Only stretching

2. What is body awareness?

- A. Ignoring how your body feels
- B. Noticing tension, posture, and sensations in your body**
- C. Only exercising
- D. Only stretching

3. Which is an example of a touch therapy?

- A. Running
- B. Sleeping
- C. Watching TV
- D. Tapping or self-massage**

4. Why is slow walking helpful?

A. It improves coordination and movement quality

B. It makes you tired

C. It wastes time

D. It has no effect

5. What does hanging help improve?

A. Only leg strength

B. Shoulder mobility and grip strength

C. Only eyesight

D. Only breathing

6. What is the purpose of single-leg balance?

A. To avoid movement

B. To stretch only

C. To improve coordination and stability

D. To rest

7. What does heat generally do to the body?

A. Relax muscles and improve circulation

B. Increase tension

C. Cause injury

D. Stop movement

8. What does morning sunlight help regulate?

A. Only muscles

B. Only digestion

C. Nothing

D. The body's internal clock and energy levels

9. What effect can humming have on the body?

A. Cause fatigue

B. Do nothing

C. Calm the nervous system

D. Increase stress

10. Why is barefoot time helpful?

A. It improves foot strength and sensory awareness

B. It weakens the feet

C. It stops balance

D. It has no effect