

# Physical Therapeutics 2

## Hands on Healing

### Pre-assessment Quiz: Physical Therapeutics

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