

# 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?

- A. Doing nothing at all
- B. Only sleeping
- C. Your body fixing and getting stronger**
- D. Only stretching

2. What is body awareness?

- A. Ignoring how your body feels
- B. Noticing how your body feels**
- C. Only exercising
- D. Only stretching

3. Which is a way to use touch to help your body?

- A. Running
- B. Sleeping
- C. Watching TV
- D. Tapping or rubbing your muscles**

4. Why is slow walking helpful?

**A. It helps your body move better**

B. It makes you tired

C. It wastes time

D. It does nothing

5. What does hanging help?

A. Only your legs

**B. Your shoulders and grip**

C. Only your eyes

D. Only your breathing

6. Why do we practice balance on one foot?

A. To stop moving

B. To stretch only

**C. To help your balance and control**

D. To rest

7. What does heat do?

**A. Makes muscles relax**

B. Makes muscles tight

C. Causes injury

D. Stops movement

8. What does morning sunlight do?

A. Nothing

B. Only helps muscles

**C. Helps your body know when to wake up**

D. Only helps digestion

9. What does humming help with?

A. Makes you tired

B. Does nothing

**C. Helps you feel calm**

D. Makes stress worse

10. Why is being barefoot sometimes helpful?

A. Makes feet weaker

**B. Helps feet get stronger and feel the ground**

C. Stops balance

D. Does nothing