

1. What best describes physical therapeutics?

A. Using medications to treat symptoms

B. Avoiding movement during recovery

C. Using physical inputs like movement, touch, pressure, temperature, light, and rest to support how the body functions and heals

D. Only focusing on exercise intensity

2. In this course, sensory regulation is mainly understood as:

A. An emotional process based on feelings

B. A physiological process based on how the body receives and responds to physical signals

C. A psychological process only in the brain

D. A process that only happens during sleep

3. What is proprioception?

A. The body's ability to sense its position and movement without looking

B. Increasing muscle size

C. A type of inflammation

D. A stretching technique

4. What is a trigger point?

A. A bone injury

B. A small, sensitive area in a tight muscle that can cause pain locally or elsewhere

C. A nerve disease

D. A joint movement

5. What is the main goal of manual therapies like massage?

- A. To force muscles to change
- B. To replace exercise
- C. To improve tissue movement and reduce tension**
- D. To immobilize joints

6. Which best describes active stretching?

- A. Using gravity to stretch
- B. Using your own muscles to create and control the stretch**
- C. Having someone else stretch you
- D. Not moving at all

7. When is heat most helpful?

- A. Immediately after injury
- B. When tissue is swollen
- C. When muscles feel tight or stiff**
- D. When there is numbness

8. What does cold therapy primarily do?

- A. Increase flexibility
- B. Relax muscles
- C. Reduce irritation and swelling**
- D. Improve strength

9. What is ergonomics?

- A. Study of exercise
- B. Study of sleep

C. How we interact with tools and environment

D. Study of nutrition

10. What is gait?

A. Posture when sitting

B. The way a person walks

C. A type of stretch

D. Muscle strength

11. Why is movement quality important?

A. It increases intensity

B. It reduces unnecessary strain

C. It replaces exercise

D. It prevents all injuries

12. What is a red flag symptom?

A. Mild soreness

B. Temporary stiffness

C. Persistent pain or numbness

D. Feeling tired

13. What does blue light do?

A. Helps sleep

B. Keeps the brain alert

C. Heals tissue

D. Reduces swelling

14. What is frequency?

A. Body response

B. Speed of vibration

C. Muscle tension

D. Pain level

15. What is resonance?

A. Speed of vibration

B. Tissue damage

C. How the body responds to vibration

D. Muscle growth

16. What does vibration therapy influence?

A. Bones only

B. Muscles and nervous system

C. Digestion only

D. Vision

17. What is TENS used for?

A. Building muscle size

B. Reducing pain perception

C. Improving posture

D. Healing bones

18. What is EMS used for?

- A. Relaxation only
- B. Muscle activation**
- C. Sleep improvement
- D. Digestion

19. What are orthotics?

- A. Exercises
- B. Shoe inserts for support**
- C. Medications
- D. Braces for arms

20. What is the purpose of braces?

- A. Increase flexibility
- B. Provide temporary support and protection**
- C. Replace muscles
- D. Improve digestion

21. What is active rest?

- A. Complete stillness
- B. Heavy exercise
- C. Gentle movement during recovery**
- D. Sleeping only

22. What does slow walking improve?

- A. Speed
- B. Coordination and control**

C. Muscle size

D. Pain

23. What does hanging help improve?

A. Vision

B. Shoulder mobility and grip strength

C. Digestion

D. Sleep

24. What is humming used for?

A. Increasing stress

B. Calming the nervous system

C. Causing fatigue

D. Strengthening bones

25. What is the main idea of physical therapeutics?

A. Ignore the body

B. Use physical inputs to support function

C. Only exercise matters

D. Rest is not important