

Rehabilitation

1. Describe the uses for hydrotherapy, cryotherapy, and thermotherapy.
2. Define the following terms:
 - debridement
 - decubitus ulcer
 - edema
 - atrophy
 - contracture
3. What does ultrasound show?
4. Differentiate between kyphosis, lordosis, and scoliosis.
5. Define diathermy and describe its uses.
6. Diagram a four-point gait, two-point gait, swing-to, and swing-through gait.
7. What is a prosthesis?
8. Define the following ROM terms:
 - abduction
 - adduction
 - flexion
 - extension
 - circumduction
 - rotation
 - pronation
 - supination
 - inversion
 - eversion
9. Describe the benefits of arthroscopic surgery.
10. Describe the function of a TENS unit.
11. What are ADL's?
12. Describe the physiological changes due to arthritis and osteoporosis. How does this affect a patient's quality of life?
13. Describe the different types of joints found in the body.
14. Identify two places in the body where immovable joints are found.

15. Define the following:
 - rickets
 - rheumatoid arthritis
 - gout
 - bursitis
16. Differentiate between a sprain and a strain.
17. Explain the difference between a dislocation and a fracture.
18. Differentiate between muscular dystrophy and muscular atrophy.
19. What is the difference between a tendon and a ligament?
20. Differentiate between paraplegia, quadriplegia, and hemiplegia.
21. Describe the safety precautions followed when a patient receives a hot pack?
22. Differentiate between active and passive ROM.
23. Describe the difference between a whirlpool and a Hubbard tank.
24. What is diathermy?
25. Define kinesiology and describe the different categories of exercises.