



# TRUALTA

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*Therapy is key to help restore movement and functional independence to people limited by disease or injury. Answer True or False to the questions below.*

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1. Physical and occupational therapies are not part of the process of re-learning how to function after an injury, illness, or period of inactivity. T F
2. Use range-of-motion exercises to relieve pain, maintain normal body alignment, help prevent skin swelling and breakdown, and promote bone formation. T F
3. When helping a person with any activity, first give verbal instruction, then use visual gestures and finally, touch. T F
4. Among other things, occupational therapy helps people regain skill in using their hands. T F
5. A ROM exercise program is ideally started before deformities develop. T F
6. If muscles are not used, they do not shorten and tighten, making joint motion difficult. T F
7. A physical therapist uses massage, heat, water and electricity as well as physical exercises to help people regain function. T F
8. An occupational therapist focuses on training to re-learn everyday activities of daily living like eating, grooming, dressing and toileting. T F
9. Correct range of motion exercises take each movement only as far as the joint will go into a comfortable stretch. (Mild discomfort is okay, but it should go away quickly.) T F
10. Osteoarthritis, the “wear and tear” type, is the most common form of arthritis. T F

**KEY:** 1. F 2. T 3. T 4. T 5. T 6. F 7. T 8. T 9. T 10. T