

Chapter 1: Therapeutic Modalities: A Role in the Patient Care Management Model

Multiple Choice

1. The term *therapeutic modalities* describes the use of physical agents to provide which of the following?

- A. Diagnosis
- B. Therapeutic benefits
- C. Discharge planning
- D. Assessment of patient prognosis

ANS: B

2. Which of the following best describes the appropriate use of therapeutic modalities for rehabilitation programs?

- A. As a complement to other components of a comprehensive therapy program
- B. Primary components of most therapy programs
- C. Exclusively applied for curative purposes
- D. Used only when other components of the care plan fail

ANS: A

3. When identifying and establishing an intervention plan, the focus should be on:

- A. Always including therapeutic modalities
- B. Increasing strength and ROM to functional levels
- C. Discharging the patient as soon as possible
- D. Selecting interventions that will most likely achieve positive results or outcomes

ANS: D

4. Which of the following is NOT a therapeutic benefit attributed to electrotherapy?

- A. Decreasing local blood flow
- B. Strengthening and relaxing skeletal muscle
- C. Decreasing pain
- D. Promoting tissue and wound healing

ANS: A

5. Which of the following modalities will reduce blood flow to tissues?

- A. Electrotherapy
- B. Ultrasound
- C. Traction
- D. Cryotherapy

ANS: D

6. Which of the following modalities is capable of delivering heat to tissues?

- A. Intermittent compression
- B. Handheld ice cups
- C. Ultrasound
- D. TENS

ANS: C

7. What type of energy does diathermy use to heat biologic tissues?

- A. High-frequency sound waves
- B. Electromagnetic radiation
- C. Compressive forces
- D. Convective currents

ANS: B

8. Modalities used to decrease pain primarily stimulate which part of the peripheral nervous system?

- A. Large A-beta fibers
- B. Small A-delta fibers
- C. Alpha motor neurons
- D. Small C fibers

ANS: A

9. Why is cold therapy often used during the initial stages of injury?

- A. Cold increases blood flow to promote healing.
- B. Cold blocks A-beta nerve fiber conduction to decrease pain.
- C. Cold attracts macrophages and neutrophils to the injured tissues.
- D. Cold causes vasoconstriction resulting in decreased blood flow to injured tissues.

ANS: D

10. Which of the following can be used to facilitate recruitment of the quadriceps femoris muscle following knee surgery?

- A. Traction
- B. Ultrasound
- C. Neuromuscular electrical stimulation
- D. Diathermy

ANS: C

11. Which of the following modalities is most appropriate for the maturation stage of tissue healing?

- A. Ice massage
- B. Ultrasound
- C. TENS
- D. Intermittent compression

ANS: B

12. Which of the following is true regarding studies on the efficacy of therapeutic modalities?

- A. All modalities are efficacious and cost-effective.
- B. Only modalities that are applied in the acute stage of tissue healing are efficacious.
- C. These studies often use the same design and result in similar outcomes.
- D. There is a lack of quality research studies.

ANS: D

13. Which of the following outcomes is most recommended for determining the effectiveness of therapeutic modalities?

- A. Pain reduction
- B. Functional improvements
- C. Changes in range of motion

D. Strength gains

ANS: B

14. Specific situations in which a drug, procedure, or surgery should not be used because it may be harmful to the patient are called:

- A. Indications
- B. Contraindications
- C. Precautions
- D. Limitations

ANS: B

15. Why is pregnancy widely considered a contraindication to the use of modalities?

- A. Ligamentous laxity during pregnancy may be increased.
- B. Effectiveness of modalities during pregnancy has not been determined.
- C. The effect of modalities on fetal development is unknown.
- D. Pregnant patients cannot be properly positioned to receive modality treatments.

ANS: C