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**