

Flex Therapist CEUs

Cardiac Rehab Effects of Heat and Cold

1. HF is a systematic process where a patient's heart becomes unable to produce an equilibrium between the oxygenated blood delivered and the basal metabolism demands of the patient's organs.

- A. True
 - B. False
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2. In clinical settings, the major objective of thermotherapy is to:

- A. Produce an equilibrium between the oxygenated blood delivered and the basal metabolism demands of the patient's organs.
 - B. Achieve an effective treatment outcome with minimal impact on intervening and surrounding tissues.
 - C. Decrease the risk factors associated with HF.
 - D. Change the cutaneous, intra-articular, and core temperatures of soft tissue.
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3. A 1-degree Celsius increase in tissue temperature is associated with a _____% increase in local tissue metabolism.

- A. 2 - 5
 - B. 5 - 10
 - C. 10 - 15
 - D. 15 - 25
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4. What is the primary physiological effect of heat?

- A. Vasodilation and increased blood flow
 - B. Relaxation of muscle spasm
 - C. Pain relief via the gate-control mechanism and reduced ischemia
 - D. All of the above
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5. When could thermotherapy be dangerous?

- A. When a patient has a spinal cord injury.
 - B. When a patient is on dialysis.
 - C. When a patient is undergoing cancer treatment.
 - D. Thermotherapy is always safe.
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6. It has been found that increased frequency of sauna bathing is associated with a reduced risk of:

- A. Sudden cardiac death
 - B. Fatal coronary heart disease
 - C. Fatal cardiovascular disease
 - D. All of the above
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7. The most important physiological response induced by diathermy is:

- A. Relief of pain and muscle spasm.
 - B. The regional increase in blood flow and a proliferation of nutrients and oxygen in the heated region.
 - C. Decreased cardiac size on the echocardiogram and chest X-ray.
 - D. All of the above.
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8. The therapeutic effect of cold generally occurs through the actions on which process?

- A. Metabolic
 - B. Neuromuscular
 - C. Hemodynamic
 - D. All of the above
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9. When the body is subjected to a cold element:

- A. Blood vessels constrict, driving blood to the body's core, and bringing nutrients to the organs.
 - B. Blood vessels dilate and nutrient rich blood is able to flow throughout the body.
 - C. Both (A) and (B).
 - D. None of the above.
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10. Which bioheat transfer model represents thermal changes in a human body close to reality?

- A. The lumped model
 - B. The segmented model
 - C. The three-dimensional model
 - D. None of the above
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