

Name: _____

CHAPTER 15 WORKSHEET

THERAPEUTIC MODALITIES

MATCHING – Match the following terms with the appropriate response.

- | | |
|---------------------------|---|
| _____ 1. Conduction | A. Increased circulation and buoyancy of water allows mild exercise |
| _____ 2. Moist heat packs | B. Mild heating qualities with a general relaxation of spasmed muscles |
| _____ 3. Convection | C. Produces profuse perspiration, resulting in high fluid loss |
| _____ 4. Ischemia | D. Provides a means of bringing sustained heat to angular body parts |
| _____ 5. Whirlpool bath | E. Heating by direct contact |
| _____ 6. Convection | F. Heating indirectly through water or air |
| _____ 7. Paraffin bath | G. General relaxation and reduction of pain-spasm-pain cycle |
| _____ 8. Moist heat | H. Lack of blood supply to the area |
| _____ 9. Hot water soaks | I. Heating by other forms of energy |
| _____ 10. Analgesic balm | J. Local circulation is increased by water agitation and heat transmission |
| | K. Feeling of warmth results from skin capillary dilation and increase in local circulation |

SHORT ANSWER – Answer the following questions with a brief response.

11. What is *fluidotherapy* and what can it be used to treat?

12. Explain what the *piezoelectrical effect* is as seen in ultrasound. _____

13. What is the *hunting response* as it relates to cold application? _____

14. What are some of the *physiological effects of cold* application? _____

15. Define *contraindication*. _____

16. What are some examples of *mechanical modalities* other than massage? _____

17. _____ is the *vapocoolant* used in cryostretching?

18. What are some modalities that would not likely be used in a high school athletic training room? Why would these modalities not be practical in this setting?

19. What *type of massage stroke* could be used for treating tendonitis? _____

20. *Vibration* is a type of what modality? _____

21. What is the purpose of *traction*? _____

LISTING

List three therapeutic effects of *massage*.

- 22. _____
- 23. _____
- 24. _____

Identify three conditions for which *superficial heat* may be used.

- 25. _____
- 26. _____
- 27. _____

List four conditions/areas in which *ultrasound* should not be used.

- 28. _____
- 29. _____
- 30. _____

Name three *contraindications* to *cold therapy/application*.

- 31. _____
- 32. _____
- 33. _____

For each of the four *types of energy transfer* provide a modality(ies) that utilize(s) that type of energy transfer.

- 34. Conduction - _____
- 35. Convection - _____
- 36. Radiation - _____
- 37. Conversion - _____

Define the five *classifications of therapeutic modalities* listed below and provide an example for each.

- 38. Thermal Modalities - _____
- 39. Electrical Modalities - _____
- 40. Electromagnetic Modalities - _____
- 41. Sound Modalities - _____
- 42. Mechanical Modalities- _____

ESSAY

43. Discuss the differences between *pulsed* ultrasound and *continuous* ultrasound in terms of purpose, physiological effects, safety concerns, injuries treated, methods of application, etc.
