

OT Mastery

Orthosis - An Overview

1. What credential is ideal for therapists looking to further their knowledge in the area of orthoses?

- A. CSRS
 - B. CBIS
 - C. CHT
 - D. DPT
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2. Which of the following is NOT a part of an evaluation for an orthosis?

- A. Range of motion
 - B. Endurance
 - C. Pinch strength
 - D. IADL function
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3. What is the name of a tool used to test grip strength?

- A. Goniometer
 - B. Dynamometer
 - C. Gripmeter
 - D. Pinchmeter
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4. What type of orthosis is used to provide active-assisted range of motion for patients with hand deformities?

- A. Dynamic orthosis
 - B. Static progressive splint
 - C. Serial static splint
 - D. Rigid orthosis
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5. Which is NOT an orthosis that can assist someone with rheumatoid arthritis?

- A. Buttonhole orthosis
 - B. Digital dorsal orthosis
 - C. Hyperextension block orthosis
 - D. Resting hand orthosis
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6. What is the ideal orthosis position for someone who suffered a burn?

- A. 30-45 degrees of wrist extension, 30-40 degrees of MCP flexion, full IP flexion
 - B. 15-30 degrees of wrist extension, 50-70 degrees of MCP flexion, full IP extension
 - C. Full flexion of all joints in the hand and wrist
 - D. Fingers adducted, wrist fully flexed, and IP joints fully flexed
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7. When are orthoses for Cubital Tunnel Syndrome to be worn?

- A. Nighttime
 - B. Full-time
 - C. Daytime
 - D. Only when in pain
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8. What is the ideal orthosis for a flexor tendon injury?

- A. Resting hand orthosis
 - B. Dorsal protection orthosis
 - C. Functional orthosis
 - D. Wrist orthosis
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9. What is NOT an appropriate orthosis for someone with a SCI?

- A. Suspension sling
 - B. Spasticity cone
 - C. Functional orthosis
 - D. Forearm gutter orthosis
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10. What purpose does a flail arm orthosis serve?

- A. Offers additional support to someone with shoulder weakness
 - B. Supports the entire upper arm for someone with flaccidity
 - C. Stabilizes the arm after a brachial plexus injury
 - D. Stabilizes the arm after a fracture
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