

Lesson 1: Review Questions

1. If a person has limited movement due to their disability, it will be extremely important for the support staff to _____ them correctly whether they are lying in bed or sitting in their wheelchair.
2. Clinical specialists who work with individuals with disabilities are called _____ and _____.
3. Muscles that have too little tone are described as _____.
4. Muscles that have too much tone and are rigid, are described as _____.
5. Atypical movement of a client may be uncoordinated, not purposeful and _____.
6. Muscles must work in _____.
7. When one muscle shortens, the other muscle _____.
8. _____ form the framework of the body and act as levers during movement.
9. The ideal, balanced alignment of body parts in which the head is centered and upright above the body and the spine is straight is called _____ posture.
10. _____ posture is the opposite of symmetrical posture.
11. Healthy muscles possess a certain amount of constant tension, called _____.
12. If a person cannot move his or her body parts through the standard range of motion, we say the person has _____.
13. List three detrimental (harmful) effects of limited movement:
14. Muscles which are not sufficiently exercised shrink in size or _____.
15. When bones are not sufficiently used, they become _____, _____, and more easily broken.
16. Without proper exercise, limited movement can result in a _____ or permanently flexed joint due to shortened tendons and atrophied muscles.
17. Range of motion exercises should be performed _____ and only moved to the point of resistance.

Lesson 2: Review Questions

1. The spine is designed for _____ and the _____ are designed for strength.
2. On the human body, the center of gravity is in the _____ or lower abdomen.
3. During lifting, additional stability can be attained by bending your _____ and lowering the _____ to the level of the surface supporting the object to be lifted.
4. Describe how the feet should be positioned during a lifting procedure.
5. List five improper techniques that can lead to back injury.
6. It is better to shift the position of your _____ rather than twisting the trunk during lifting.
7. When improperly holding a 'load' at arm's length, the stress of the load _____ 7 to 10 times.
8. What steps should be taken prior to lifting or transferring?
9. Why is it important to explain what you are going to do to the person being assisted?
10. Avoid doing transfers on a slippery surface, make sure the floor is _____.
11. During the lift, your back should be in its normal, _____ position.
12. The 'load' should be positioned _____ to the body.
13. When lifting, keep the _____ tucked and the back and trunk upright/straight.
14. Pull or push rather than _____, whenever possible.
15. Describe two benefits of exercise for people who transfer people or objects.
16. Exercises can be done in one session or at various times throughout the day. However, stretching is _____ beneficial if it's done more often in shorter amounts of time.

Lesson 3: Review Questions

1. List, at least, three reasons why proper positioning is good for persons with limited movement. _____, _____, _____.
2. Immobility can cause your internal systems, such as, digestive, circulatory and respiratory systems to _____.
3. When positioning, turning and transferring an individual, what are some things that the support staff should do to make the experience safer and more pleasant for the person? _____, _____.
4. Describe what to do if a person's muscles feel stiff/rigid or resistant when you are trying to assist with a position change.
5. How can pressure sores (ulcers) be prevented?
6. Some of the basic principles of positioning include:
 - Preserve an individual's _____ while you assist them.
 - Promote _____ alignment. Head centered, spine straight.
 - Provide the proper amount of _____ to head, shoulders, hips and feet.
7. Who determines which positions will be most appropriate for each person?
8. Besides standing, which position allows a person the most functional movement?
9. When a person is sitting, what body parts should be supported in correct alignment? Name three. _____, _____, _____.
10. Lap belts should be attached to a wheelchair at the buttocks area and angled up across the _____, not at the _____.
11. For good positioning, knees, hips and elbows should be flexed to _____ degrees.
12. What lying position is the most functional of the positions, because it allows some use of the hands and arms and it prevents some abnormal reflexes?
13. Under what circumstances, should a rolled pillow be placed beneath the knees in the supine or back-lying position?
14. Name a position that should NEVER be used for eating or drinking.

15. What precaution should be taken to prevent undue pressure on the toes when a person is positioned in the prone (lying on tummy) position?
16. When is it appropriate to position a person in the prone-developmental (prone prop) position?
17. What should you do if you notice that a person has not maintained a well-aligned, functional position?
18. What is the name of the position called where the individual bears weight on their forearms? _____. Under the supervision of a clinical specialist (physical or occupational therapist), it might be used to help to develop _____.
19. Criteria for evaluating a person's correct positioning and the need for adaptive equipment include:

In the side-lying and back-lying positions, look at the person and determine whether or not

- The head is maintained in _____.
- The trunk is maintained in _____ with the spine straight.
- The person has as much use of their _____, as possible.
- The hips and legs are maintained in a _____ position.

In the stomach-lying position, look at the person and determine whether or not

- The head is _____.
- The trunk is symmetrical with the spine _____.
- The hips and legs are in a _____ position.
- The person's general muscle tone is _____.

In the sitting position, look at the person and determine whether or not

- The head is upright and centered at _____.
- The trunk is _____ with the spine straight.
- The hips are symmetrical and as _____ in the seat as possible.
- The hips, knees, and ankles are flexed to _____.
- The feet are _____ on a supportive surface (such as footrests).
- Forearms and elbows can easily rest on a _____.

Lesson 4: Review Questions

1. It's best to consult with a _____ about the frequency of position changes for each person.
2. When in the lying position a person should be repositioned at least every ____ hours.
3. If the person cannot maintain a correctly aligned position, they should be _____.
4. The person's position should be appropriate for whatever _____ s/he needs to perform.
5. A person's position should be adjusted if s/he expresses any _____.
6. List some factors that may indicate a need for more frequent position changes:
7. _____ occur when bones close to the surface of the skin press the skin and body tissue against the bed sheets reducing the flow of blood and oxygen.
8. What areas of the body are most susceptible to pressure sores?
9. What are some ways to prevent the formation of pressure sores?
10. It's important that skin subject to pressure be thoroughly checked for early warning signs at least _____.
11. What are signs of pressure sores?
12. Breaks in the skin should be reported _____.
13. What are the advantages of using a draw sheet to assist with turning?
14. During a turn, the person's arms and legs should be positioned _____.
15. _____ allows the muscles in the legs to do the work rather than the arms and shoulders. This also helps avoid twisting the back while lifting.

Lesson 5: Review Questions

1. Who is at risk of injury during a transfer?
2. During transfers you should: Use your _____ to lift. _____ your weight and pivot on the balls of your feet. Keep the movement as _____ as possible.
3. If the person has more significant impairment on one side of the body, plan the transfer so they will be moving toward _____.
4. A _____ allows you to control movement of the person during the transfer.
5. Before beginning a lift, the person assisting should check their own body positioning for the following:

Are your feet _____ ?

Are your _____ bent?

Is your lower back in its _____?

6. Why is it important to not allow the person you are assisting to hold onto you by placing their arms around your neck?
7. Bend your knees so that your _____ are no higher than the person's shoulders.
8. A _____ can be an efficient tool for moving larger individuals or those who have significant difficulty in assisting with a transfer.
9. How many people are needed to assist with a transfer when a mechanical lift is used?
10. Where should a transfer belt be positioned?
11. When is a one person transfer appropriate for assisting someone into a vehicle?

12. When assisting a person in a wheel chair on inclines and ramps, the person's weight should always be _____. Going uphill means pushing the person; to go downhill, _____.

