

QUIZ INSTRUCTIONS:

Complete the form online and click the SAVE button at the end of the quiz. Save the pdf to your computer. Email the pdf as an attachment to **ceu@thesupplycenter.com**. To fax or mail your answers, print the form after you have entered your responses.

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QUIZ: Cold Therapy

Name: _____ Date: _____

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All questions must be answered in order to receive credit.

Questions: Cold Therapy

1. Which sequence of sensations does the patient feel when ice/cold is applied?
 - A. Cold to Numb to Achy to Burning
 - B. Numb to Achy to Burning to Cold
 - C. Burning to Achy to Cold to Numb
 - D. Cold to Burning to Achy to Numb

2. How does the thickness of the body area, at the site of injury, affect the application time of the ice/cold?
 - A. The ice/cold takes more time to penetrate a thicker body area therefore it needs to be applied longer.
 - B. The ice/cold penetrates faster on thicker body areas than thinner body areas.
 - C. The thickness of the body area does not affect the application time because ice penetrates at the same rate.
 - D. As long as some ice/cold is applied, the application time is about the same regardless of the body thickness.

3. Which of the following is correct?
 - A. A large body area like the lower back and buttock usually needs 40 minutes of ice/cold treatment time.
 - B. A small body area like the hand, foot, or elbow needs 20 minutes of ice/cold treatment time.
 - C. A medium body area like the shoulder and mid back usually needs 15 minutes of ice/cold treatment time.

4. The use of cold and other physiotherapeutic treatments, has been well documented in early civilizations (both Eastern and Western).
 - A. True
 - B. False

5. Which of the following is NOT a phase of healing?
- A. Acute Inflammatory Stage
 - B. Toughening/Remodeling or Rehabilitative Stage
 - C. Reparative Stage
 - D. Physiologic Fibroblasts Stage
6. In the stages of healing, which stage does the body dissolve blood elements and remove debris?
- A. Acute Inflammatory Stage
 - B. Toughening/Remodeling or Rehabilitative Stage
 - C. Reparative Stage
 - D. Physiologic Fibroblasts Stage
7. Which stage of healing does the body lay down fibrin and fibroblasts?
- A. Acute Inflammatory Stage
 - B. Toughening/Remodeling or Rehabilitative Stage
 - C. Reparative Stage
 - D. Physiologic Fibroblasts Stage
8. Which stage of healing is associated with fibrous deposition (scar tissue) and chronic inflammatory reaction, characterized by palpable thickening and induration of the area?
- A. Acute Inflammatory Stage
 - B. Toughening/Remodeling or Rehabilitative Stage
 - C. Reparative Stage
 - D. Physiologic Fibroblasts Stage
9. Which stage of healing lasts about 48 to 72 (or more) hours when ice therapy is immediately applied?
- A. Acute Inflammatory Stage
 - B. Toughening/Remodeling or Rehabilitative Stage
 - C. Reparative Stage
 - D. Physiologic Fibroblasts Stage

10. Which of the following is NOT a reason not to use ice/cold therapy?
- A. Impaired circulation
 - B. Bursitis and/or tendinitis
 - C. Loss of thermal sensitivity
 - D. Peripheral vascular impairment
11. Long periods of time between treatment--once per week or more--are of little or no value and will result in failure of treatment.
- A. True
 - B. False
12. Leaving cold therapy on a body area for too long may trigger: 1. Local vasodilation and 2. Reflex internal vasodilation — opposite of the initial response. This results in more swelling to the body area treated.
- A. True
 - B. False