

Restorative Skills Practice Test Questions and Answers

1. What is a contracture?

- A) A permanent shortening of muscle and connective tissue causing limited joint movement
- B) Temporary muscle soreness after exercise
- C) A fracture caused by ROM exercises
- D) Swelling of a joint due to overuse

2. Dorsiflexion of the foot means:

- A) Moving the toes upward toward the shin
- B) Pointing the toes downward away from the shin
- C) Rotating the foot inward
- D) Rotating the foot outward

3. What is orthostatic hypotension?

- A) A drop in blood pressure when moving from lying or sitting to standing
- B) High blood pressure during exercise
- C) Normal blood pressure fluctuation during sleep
- D) Chronic low blood pressure unrelated to position

4. What is a 'sit-to-stand' transfer?

- A) Moving a resident from a seated position to standing
- B) Transferring a resident from bed to chair
- C) Rolling a resident in bed
- D) Sliding a resident from one wheelchair to another

Answers: 1-A 2-A 3-A 4-A

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