

# OT Mastery

## Orthosis - An Overview

**1. Which of the following is a requirement for an occupational or physical therapist to be eligible to take the Certified Hand Therapist (CHT) exam?**

- A. Two years of experience and 2,000 hours of upper extremity rehabilitation
  - B. Certification in general orthotic fabrication
  - C. Three years of experience and 4,000 hours of upper extremity rehabilitation
  - D. Five years of experience and 3,000 hours of upper extremity rehabilitation
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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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