

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

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

3. What is the name of a tool used to test grip strength?

- A. Goniometer
- B. Dynamometer
- C. Gripmeter
- D. Pinchmeter

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

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

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

7. When are orthoses for Cubital Tunnel Syndrome to be worn?

- A. Nighttime
- B. Full-time
- C. Daytime
- D. Only when in pain

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

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

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
