

# OT Mastery

## Stroke Rehabilitation: An In-Depth Guide

**1. Which type of stroke is caused by a blockage in a blood vessel within the brain rather than a rupture of a blood vessel?**

- A. Hemorrhagic stroke
  - B. Arteriovenous malformation (AVM)
  - C. Ischemic stroke
  - D. All of the above
- 

**2. What is not considered a function of the frontal lobe?**

- A. Personality
  - B. Memory
  - C. Emotion control
  - D. Hearing
- 

**3. What part of the brain is responsible for processing sensory information?**

- A. Parietal
  - B. Occipital
  - C. Frontal
  - D. Temporal
- 

**4. If a person experiences an infarct in the secondary somesthetic area, what symptom might they have?**

- A. Aneurysm
  - B. Astereognosis
  - C. Apraxia
  - D. Anesthesia
- 

**5. A stroke in what part of the brain might cause impaired spinal reflexes?**

- A. Posterior Cerebral Artery
  - B. Internal Carotid Artery
  - C. Anterior Cerebral Artery
  - D. Middle Cerebral Artery
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**6. What is Dejerine-Roussy syndrome?**

- A. A hypertensive condition that causes someone to experience an increased risk of stroke
  - B. An acute vestibular impairment that results from a cerebellar stroke
  - C. Systemic inflammation that appears before a stroke as a warning sign
  - D. A chronic pain syndrome that often results from a thalamic stroke
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**7. What acronym is used to help remember stroke warning signs?**

- A. FAST
  - B. SPEECH
  - C. ARM
  - D. TIME
- 

**8. Which of the following is a key reason therapists educate at-risk individuals and their caregivers about stroke warning signs?**

- A. To guarantee that strokes will not occur
  - B. To enable faster recognition and treatment, minimizing long-term damage
  - C. To reduce the cost of rehabilitation equipment
  - D. To ensure the patient completes all therapy exercises
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**9. Which imaging method is currently considered the most effective for diagnosing ischemic strokes within 12 hours of symptom onset?**

- A. Standard MRI
  - B. Diffusion-weighted MRI
  - C. CT scan
  - D. PET scan
- 

**10. What type of imaging is primarily used to monitor a stroke patient's long-term recovery and changes in brain activity, rather than for initial diagnosis?**

- A. Functional MRI (fMRI)
  - B. CT scan
  - C. Diffusion-weighted MRI
  - D. Traditional X-ray
- 

**11. What is endovascular coiling?**

- A. A medication that gradually shrinks abnormal blood vessels in the brain
- B. A procedure that involves inserting a catheter to place a coil in the blood supply of the aneurysm to stop it from growing

- C. A procedure that involves inserting a catheter to place glue in a spiral-shaped part of the brain
  - D. A procedure that involves surgically removing blocked blood vessels
- 

**12. What is the difference between a craniotomy and craniectomy?**

- A. A craniectomy is performed for hemorrhagic strokes; a craniotomy is performed for ischemic strokes
  - B. A craniectomy involves removing a portion of the skull to access the brain; a craniotomy involves drilling small holes into the skull to access the brain
  - C. A craniectomy involves removing a portion of the skull to access the brain and replacing those bones; a craniotomy involves removing a portion of the skull to access the brain and not replacing the bones
  - D. A craniectomy is done to relieve pressure; a craniotomy is done to increase pressure and speed up healing
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**13. What procedure might be performed if a patient has hydrocephalus as a result of a stroke?**

- A. Carotid endarterectomy
  - B. Craniotomy and shunt placement
  - C. Endovascular coiling
  - D. Thrombectomy
- 

**14. What assessment is a stroke-specific OT evaluation?**

- A. A-ONE
  - B. DASH
  - C. AMPS
  - D. BBS
- 

**15. Which assessment is used to measure upper extremity function in individuals with a range of orthopedic conditions?**

- A. FMA
  - B. AMPS
  - C. A-ONE
  - D. DASH
- 

**16. Based on the DASH assessment for upper extremity function, what is the primary difference between validity and reliability?**

- A. Validity refers to the consistency of results over time, while reliability refers to whether the test measures what it is intended to measure.

- B. Validity refers to whether the test measures what it is intended to measure, while reliability refers to the consistency of results over time.
  - C. Validity refers to patient self-reporting, while reliability refers to therapist observation.
  - D. Validity refers to the total score, while reliability refers to the number of items on the test.
- 

**17. If a patient is demonstrating mental health concerns after a stroke, what assessment might they benefit from?**

- A. ABC Scale
  - B. DLCT
  - C. SS-QOL
  - D. Activity Card Sort
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**18. What is considered the early chronic phase of stroke?**

- A. 10-12 weeks after the CVA occurs
  - B. 15 weeks after the CVA occurs
  - C. 12-24 weeks after the CVA occurs
  - D. 25-30 weeks after the CVA occurs
- 

**19. When planning stroke rehabilitation, why is it important for therapists to consider the patient's phase of recovery?**

- A. The phase determines which diagnostic imaging should be used.
  - B. The phase dictates the patient's ability to understand instructions.
  - C. The phase helps guide positioning, exercise selection, and use of frames of reference to maximize recovery.
  - D. The phase only affects long-term discharge planning.
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**20. What condition is a patient at increased risk of after experiencing a TIA?**

- A. Another TIA
  - B. Ischemic stroke
  - C. Traumatic brain injury
  - D. Aspiration
- 

**21. Which of the following strategies is most appropriate for preventing shoulder subluxation in a stroke patient with flaccid upper limbs?**

- A. Applying a sling designed for patients with high flexor tone
  - B. Using a GivMohr sling to support the hand
  - C. Keeping the shoulder unsupported while performing passive range of motion
  - D. Placing the elbow fully extended without pillow support
-

**22. Which positioning strategy helps prevent shoulder subluxation in a patient with flaccid upper limbs?**

- A. Letting the arm hang unsupported to encourage natural alignment
  - B. Using a sling designed for patients with spasticity
  - C. Placing pillows in the patient's lap and on the armrest with the elbow at 90 degrees
  - D. Keeping the elbow fully extended without support
- 

**23. What is a primary reason for careful positioning during the acute phase of stroke rehabilitation?**

- A. To improve cognitive function immediately
  - B. To prevent shoulder subluxation and contractures while minimizing pain
  - C. To increase aerobic endurance
  - D. To strengthen the affected limb through active exercise
- 

**24. Which scenario best illustrates the use of the Compensatory Frame of Reference in stroke rehabilitation?**

- A. A patient who has undergone extensive rehabilitation but still needs strategies to complete basic activities
  - B. A patient in the acute phase of stroke, focusing on preventing contractures
  - C. A patient with minor deficits who can regain full function through strengthening exercises
  - D. A patient working on improving aerobic endurance post-stroke
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**25. What is part of the D2 elevation pattern in PNF?**

- A. Scapular retraction
  - B. Posterior elevation
  - C. Anterior elevation
  - D. Scapular depression
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**26. What Rood sensorimotor techniques can be used to increase tone?**

- A. Slow rolling
  - B. Maintained stretching
  - C. Gentle stroking
  - D. Fast brushing
- 

**27. What approach involves focusing on the ontogenic developmental sequence to improve motor return?**

- A. NDT
- B. Rood

- C. PNF
  - D. Brunnstrom
- 

**28. What form of biofeedback can be helpful for patients in the subacute or chronic phase of stroke?**

- A. ECG
  - B. EEG
  - C. EMG
  - D. Galvanic skin response
- 

**29. Which combination of therapies has been shown to improve ankle dorsiflexion and static balance in individuals with chronic stroke?**

- A. Kinesiotape alone
  - B. PNF combined with kinesiotape on the foot
  - C. PNF alone
  - D. Virtual reality alone
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**30. What piece of adaptive equipment is not used to help stroke patients self-feed?**

- A. Swivel spoon
  - B. Rocker knife
  - C. Power chair
  - D. Electric can openers
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