

# 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

---

## **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

---

## **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

---

## **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

---

**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

---

**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.

---

**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

---

**25. What is part of the D2 elevation pattern in PNF?**

- A. Scapular retraction
- B. Posterior elevation
- C. Anterior elevation
- D. Scapular depression

---

**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 ontogenetic 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

---

**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

---

Copyright © 2026 OT Mastery

Visit us at <https://www.otmastery.com>