

## Lesson 5 Quiz

Keep track of your answers by clicking the bubbles next to your choice. At the end of the quiz, you will find an answer key so you can see how you did. Good luck!

1. Which of the following are key elements of your self-care plan?
  - a) **Good communication**
  - b) **Self-directed, at-home treatments for your joints and skin**
  - c) **Health journaling**
  - d) **Ongoing disease education**
  - e) **Developing and following healthy lifestyle practices**
  - f) **Prescription exercise, physical activity and sport for pleasure**
  - g) **All of the above**
  
2. Range-of-motion exercises help patients with ankylosing spondylitis maintain mobility in affected joints.  
**True      False**
  
3. What is the difference between strengthening and aerobic exercises?
  - a) **Strengthening exercises are done with weights alone. Aerobic exercise involves the leg muscles.**
  - b) **Strengthening exercises help increase muscle strength. Aerobic exercises improve heart and lung function, improves strength and reduces inflammation and pain.**
  - c) **Strengthening exercises can be done indoor and less frequently compared to aerobic exercises, which can be done indoor and outdoor and more frequently.**
  - d) **There are no differences.**

4. Which diet change(s) can be beneficial for people with AS?
- a) Vitamin D supplements
  - b) Calcium supplements
  - c) Eating foods that are high in sugar and starchy
  - d) All of the above
5. What thing about your AS can you not control?
- a) Following your recommended exercise routine
  - b) Taking medication as directed by your physician
  - c) Which joints will be affected by your AS
  - d) Seeking help when and how you need it
6. When doing daily activities, what should people with AS remember?
- a) Try to avoid physical activity
  - b) Try to maintain good posture and avoid constant bending and heavy lifting
  - c) Maintain a steady pace when walking
  - d) Try to sit with your back as curved as possible

## Answer Key

You can check your answers here. Each question is worth one point.  
**Record your score by filling out the box on the bottom right.**

- 1. (g) All of the above
  - 2. True
  - 3. b) Strengthening exercises
  - 4. d) All of the above...
  - 5. c) Which joints will...
  - 6. b) Try to maintain...
- help increase muscle...

Score  
/6