

Lesson 1 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. Why is exercise important for patients to manage their inflammatory arthritis? (please select all that apply):
 - a) It can cure the disease completely**
 - b) It helps reduce joint pain and stiffness**
 - c) It reduces symptoms of depression and anxiety**
 - d) It prevents joint deformities**

2. Exercise can improve muscle strength, flexibility, and endurance, contributing to better joint stability and function.
True False

3. What health care providers can help patients with their exercise routine?
 - a) Physical therapist**
 - b) Exercise physiatrist**
 - c) Occupational therapist**
 - d) All of the above**

4. People with arthritis should never do intense aerobic activity.
True False

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. b) It helps reduce pain...
c) It helps reduce symptoms...
2. True
3. e) All of the above
4. False

Score
/4