

Lesson 4 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. When exercising with arthritis, it is important to listen to your body and be prepared to consult with your health care provider if you experience:
 - a) **Mild muscle soreness**
 - b) **Severe or persistent joint pain or discomfort**
 - c) **Mild joint discomfort**

2. What types of activities should be avoided? Please select all that apply.
 - a) **Rapid movements**
 - b) **Exercises using too much weight**
 - c) **Exercises using full range of motion**
 - d) **All of the above**

3. It is recommended to push through severe pain while exercising to build resilience in individuals with arthritis.
True False

4. Using proper exercise techniques contributes to:
 - a) **Reducing the need for stretching exercises**
 - b) **Increasing muscle imbalances**
 - c) **Avoiding joint strain and injury**
 - d) **Increasing joint stiffness**

5. Hydration, appropriate footwear, and protective measures such as braces or wraps are important for (please select all that apply):
- a) Reducing muscle soreness
 - b) Supporting overall joint health and joint function
 - c) Enhancing comfort and reduce risk of injury
 - d) Reducing cardiovascular fitness
6. Cooling down after exercising is not necessary for individuals with arthritis.
- 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) Severe or persistent...
- 2. d) All of the above
- 3. False
- 4. c) Avoiding joint strain...
- 5. a) Preventing muscle...
- b) Supporting overall...
- c) Enhancing comfort...
- 6. False

Score
/6