CHAPTER 1 WORKSHEET

1. Define each of the following terms and give an example of a therapeutic modality that utilizes that form of energy.
   a. conduction
   b. convection
   c. conversion

2. Define each of the following terms. Which of these processes is produced by the application of cold?
   a. vasoconstriction
   b. vasodilation

3. When applying ice massage, a patient will experience a variety of sensations. What are these sensations?

4. What is cryokinetics and what is it used for?

5. What is the relationship between treatment time, tissue type, and depth of cooling?
6. What is the hunting response? What effect might this physiological response have on treatment times for cold application?

7. What effect, if any, does cryotherapy have on each of the following:
   a. muscle spasm
   b. pain
   c. blood flow
   d. metabolic rate
   e. joint stiffness
   f. collagen elasticity