

**Faq's:**

**Q1.** What is the dictionary meaning of the term rehabilitation?

**Ans:** Rehabilitation is to restore an individual to healthy or normal life by training and therapy after imprisonment, addiction or illness.

**Q2.** What according to Lars Peterson and Per Renstorm is of utmost importance in the process of rehabilitation?

**Ans:** The athletic trainer's instructions in ensuring that the correct muscle groups are trained with the appropriate movements and with a well balanced load when an injury has healed.

**Q3.** What is the purpose of rehabilitation?

**Ans.** The purpose of rehabilitation is to restore some or all of the patient's physical, sensory and mental capabilities that were lost due to injury, illness or disease.

**Q4.** Mention the function of an orthotist.

**Ans:** Making devices such as braces to straighten out curved or poorly shaped bones.

**Q5.** What is meant by Cognitive rehabilitation?

**Ans:** It is a form of rehabilitation to help patients who have suffered brain injuries to help them get back to routine activities of daily life.

**Q6.** What is the Austrian Social Society's aim of rehabilitation?

**Ans:** The Austrian Social Society's aim of rehabilitation is to establish the patient's health so that they can again take part in everyday life and/or recommence work.

**Q7.** Describe Stolperstein's objective on Amputation Rehabilitation.

**Ans:** It holds the view that, at the beginning of inpatient rehabilitation, the doctors and the patient decide together on the objective, the further course of treatment and the planning.

**Q8.** Describe the primary goal of Occupational/Vocational Rehabilitation.

**Ans:** The primary goal is to enable people to participate in the activities of everyday life.

**Q9.** Exemplify the benefits of Hydrostatic Pressure.

**Ans:** It prevents blood from pooling, reduces swelling, stabilizes the joints.

**Q10.** List the properties of water that assist in Aquatic Rehabilitation.

**Ans:** Buoyancy, Fluid Resistance, Hydrostatic Pressure and Temperature.