

## **FAQs:**

### **Q1. What is the primary goal of Cross Functional Rehabilitation?**

**Ans.** The primary goal of Cross Functional Rehabilitation is to transfer improvements by functional rehabilitation to the area of dysfunction by enhancing the performance of the entire neuromuscular system.

### **Q2. What is the pre-requisite to live a productive life?**

**Ans.** Maintaining a fit and healthy lifestyle is an important pre-requisite to live a productive life.

### **Q3. What are the three aspects that need to be considered after the onset of an injury?**

- Ans.**
1. First aid should be provided,
  2. Recovery from the injury,
  3. The rehabilitation of the injured part.

### **Q4. For which purpose the Nationwide Children's Sports Medicine Functional Rehabilitation program launched by the Nationwide Children's Hospital was designed?**

**Ans.** The Nationwide Children's Sports Medicine Functional Rehabilitation is an aggressive program designed to fully return their patients to their pre-injury level.

### **Q5. What is the role of Vardan?**

**Ans.** Vardan is a welfare initiative from the times group which brings a unique and effective treatment system that focuses on the optimum performance of the body.

### **Q6. What is Occupational/Vocational rehabilitation?**

**Ans.** The science and practices of returning injured workers to a level of work activity that is appropriate to their functional and cognitive capacity both of which are influenced by the severity of the worker's injury is called Occupational/Vocational rehabilitation.

### **Q7. How can one achieve the purpose of Occupational/Vocational rehabilitation?**

**Ans.** One achieve the purpose of Occupational/Vocational rehabilitation by restoring old skills or teaching the patient new skills to adjust to disability/disabilities through adaptive equipment, orthotics and modification of the patient's home environment.

**Q8. List the services included in the Pennsylvania Office of Vocational Rehabilitation or OVR.**

**Ans.** Diagnostic services, vocational evaluation, counseling, training, restoration services, placement assistance, assistive technology and support services.

**Q9. Describe the role of an Occupational therapist at the workplace.**

**Ans.** The role of the Occupational therapist at the workplace is to facilitate individuals' ability to return to work.

**Q10. Why do people develop CMDs at workplace?**

**Ans.** People develop CMDs at workplace due to job stressors such as job insecurity, bullying or psychological harassment, low social support at work, employee perceptions of fairness in the workplace and an imbalance between job demands and rewards.