Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_

**Lecture Guide Unit 12 Review**

1. Identify the purpose of therapeutic modalities:
2. How do we properly select the use of therapeutic modalities?
3. How does the Gate Control Theory work as a principle of pain management and describe the physiological process of the theory.

**What does the following do to your body internally and externally?**

1. Cryotherapy:
2. Describe the R.I.C.E. method for acute injuries. How does this make your injuries feel better?
3. Thermotherapy:
4. Electrotherapy:
5. Massage:

**What are the components and goals of rehabilitation?**

1. General Guidelines of a Rehabilitation program
2. What are common mistakes of a rehab program?
3. Phase 1 of Rehab
4. Phase 2 of Rehab
5. Phase 3 of Rehab
6. SAID Principle
7. 9 Program Components