1. If your therapist talks about the “level of your injury”, they are talking about:
   a. The point at which your spinal cord has been injured
   b. The amount of impairment you experience from your injury
   c. How much pain you feel on a daily basis
   d. The level of the hospital you were admitted to because of your injury

2. Which of the following are common issues people experience after a spinal cord injury?
   a. Difficulty urinating
   b. Difficulty defecating
   c. Numbness and tingling
   d. Muscle spasms or rigidity
   e. All of the above

3. Through therapy, you will regain lost movement and sensation.
   a. True
   b. False

4. Which of the following is not true?
   a. Spasticity in muscles helps keep the bones strong
   b. Autonomic Dysreflexia will go away if you give it enough time
   c. Pressure sores can be prevented most of the time
   d. Pain is a normal result of a spinal cord injury

5. Autonomic Dysreflexia is:
   a. Automatic reflexes that make your knees and elbows jerk
   b. A psychiatric condition similar to depression
   c. A dangerous spike in blood pressure due to a body irritation below the level of injury
   d. The name of the new roller coaster at Six Flags

6. In order to prevent pressure sores, you should:
   a. Avoid bumps, falls, cuts and scratches
   b. Check your skin for warning signs of a pressure sore once a week
   c. Perform pressure reliefs on a regular schedule
   d. A and C
   e. All of the above

7. When transferring between surfaces, you should:
   a. Ensure that you have clearance under your bottom so that it doesn’t drag
   b. Slide your bottom along the surface
   c. Position your feet under your weight at a 90 degree angle
   d. Lean away from the side that you want to move to
e. A, C, and D
f. All of the above

8. In order to help manage your bowel movements, you may use which of the following under direction from a medical professional?
   a. Enema
   b. Suppository
   c. Rectal digital stimulation
   d. Manual evacuation
   e. Any or all of the above

9. Pressure relief refers to
   a. Deep breathing techniques to calm yourself
   b. Meditation to help lower your blood pressure
   c. Shifting your weight off of common areas likely to develop sores
   d. Lying still to prevent high blood pressure

10. If you have changes in spasticity or bowel or bladder function, you should
    a. Realized this is normal and the nature of having a spinal cord injury
    b. Tell your therapist and other members of your care team
    c. Deal with it and learn to live around the changes
    d. Only mention it if the changes make activities of daily living more difficult