

World Physical Therapy Day Quiz

1. **When is World Physical Therapy Day celebrated?**
 - ☐ a) September 8
 - ☐ b) October 10
 - ☐ c) April 7
 - ☐ d) December 3(Answer: a) September 8)
2. **Which organization founded World Physical Therapy Day?**
 - ☐ a) WHO
 - ☐ b) World Confederation for Physical Therapy (WCPT)
 - ☐ c) UNESCO
 - ☐ d) UNDP(Answer: b) World Confederation for Physical Therapy (WCPT))
3. **In which year was World Physical Therapy Day first observed?**
 - ☐ a) 1990
 - ☐ b) 1996
 - ☐ c) 2000
 - ☐ d) 2005(Answer: b) 1996)
4. **What is the main aim of World Physical Therapy Day?**
 - ☐ a) To promote languages
 - ☐ b) To highlight physiotherapists' role in health
 - ☐ c) To support engineers
 - ☐ d) To reduce poverty(Answer: b) To highlight physiotherapists' role in health)
5. **Which body part is most commonly treated in physical therapy?**
 - ☐ a) Heart
 - ☐ b) Lungs
 - ☐ c) Musculoskeletal system
 - ☐ d) Skin(Answer: c) Musculoskeletal system)
6. **Which of the following is a common tool used in physiotherapy?**
 - ☐ a) Treadmill
 - ☐ b) Stethoscope
 - ☐ c) Microscope

o d) Telescope
(Answer: a) Treadmill)

7. What does rehabilitation in physical therapy mainly focus on?

- o a) Pain relief and restoring movement
 - o b) Language learning
 - o c) Food production
 - o d) Financial growth
- (Answer: a) Pain relief and restoring movement)

8. Which condition is often treated with physical therapy?

- o a) Diabetes
 - o b) Hypertension
 - o c) Stroke
 - o d) Tuberculosis
- (Answer: c) Stroke)

9. What does the abbreviation WCPT stand for?

- o a) World Committee for Public Therapy
 - o b) World Confederation for Physical Therapy
 - o c) World Council of Patient Treatment
 - o d) World Centre of Physiotherapy Training
- (Answer: b) World Confederation for Physical Therapy)

10. Which exercise is commonly prescribed in physiotherapy?

- o a) Stretching
 - o b) Painting
 - o c) Singing
 - o d) Cooking
- (Answer: a) Stretching)

11. Physiotherapists help patients with which major aspect of life?

- o a) Mobility and independence
 - o b) Cooking skills
 - o c) Language translation
 - o d) Space travel
- (Answer: a) Mobility and independence)

12. Which medical field works closely with physiotherapy?

- o a) Orthopedics
- o b) Astronomy
- o c) Literature
- o d) Agriculture

(Answer: a) Orthopedics)

13. Which age groups can benefit from physiotherapy?

- ☐ a) Only children
- ☐ b) Only adults
- ☐ c) All age groups
- ☐ d) Only elderly

(Answer: c) All age groups)

14. Which skill is essential for a physiotherapist?

- ☐ a) Knowledge of anatomy
- ☐ b) Baking
- ☐ c) Painting
- ☐ d) Driving

(Answer: a) Knowledge of anatomy)

15. World Physical Therapy Day is observed to recognize the role of physiotherapists in:

- ☐ a) Education
- ☐ b) Sports and health recovery
- ☐ c) Space research
- ☐ d) Literature

(Answer: b) Sports and health recovery)