1 A physical therapist assistant is working with a COPD patient with multiple comorbidities. Which of the following tests is **MOST** appropriate to measure changes in this patient's endurance over time?

A. 10-meter walk for time (measures speed of gait)

B. 6-minute walk

C. Timed Up and Go (measures balance)

D. Maximum V02 assessment (measures maximum O2 use)

Identify in a word, or phrase the basic concept of the question?

Endurance testing

Re-write the question in its simplest terms, using your own words.

Which of the following is an endurance test?

2 To reduce skin irritation and pain during functional electrical nerve stimulation, a physical therapist assistant should use:

A. lower intensity, larger interelectrode distance, and larger electrodes.

B. lower intensity, larger interelectrode distance, and smaller electrodes.

C. higher intensity, smaller interelectrode distance, and smaller electrodes.

D. higher intensity, smaller interelectrode distance, and larger electrodes.

Identify in a word, or phrase the basic concept of the question?

Electrical modalities

Re-write the question in its simplest terms, using your own words.

How should electrical stim be set up to have the least discomfort?

3 For a patient who has a documented lower extremity deep vein thrombosis and has reached therapeutic levels of the prescribed anticoagulant, which of the following interventions is **MOST** appropriate to reduce the risks associated with bed rest?

A. Frequent ambulation

B. Mechanical compression

C. Active range of motion in sitting position

D. Lower extremity lymphatic massage

Identify in a word, or phrase the basic concept of the question?

Therapy with DVT

Re-write the question in its simplest terms, using your own words.

Which activity will address an active DVT and deconditioning?

4 Which of the following locations corresponds to the sensory function of the nerve root exiting between the third and fourth lumbar vertebrae?

A. Dorsal web space between the first and second toes (L5)

B. Medial knee joint line

C. Plantar aspect of the heel (S2)

D. Lateral knee joint line (L5)

Identify in a word, or phrase the basic concept of the question?

Dermatomes

Re-write the question in its simplest terms, using your own words.

Where is the L3 dermatome?

5 An older adult patient is seen 1 day after the patient had a left total hip arthroplasty. (non-cemented) using a posterolateral approach. The patient has no complicating medical history and was active and independent preoperatively. Which of the following activities is **LEAST** appropriate for the first week of therapy?

A. Active-assistive positioning of the left hip to 60° of flexion

B. Active left hip abduction in right sidelying position

C. Active bridging exercises in supine

D. Walking with moderate assistance with a standard walker to 25 ft (7.6 m)

(as this is a "LEAST" question, all 3 wrong answers are ok to perform)

Identify in a word, or phrase the basic concept of the question?

THA precautions

Re-write the question in its simplest terms, using your own words.

Which of the following is contraindicated following posterolateral approach?

6 Which of the following behavioral deficits would be **MOST** consistent with a cerebrovascular accident affecting the left hemisphere?

A. Inability to self-correct

B. Denial of disability

C. Poor judgement

D. Excessive caution

Identify in a word, or phrase the basic concept of the question?

CVA signs and symptoms

Re-write the question in its simplest terms, using your own words.

Which of the following is associated with left hemisphere lesion?

7 A physical therapist assistant is treating a patient who had a closed reduction with cast fixation for an ankle fracture 2 days ago and is currently restricted to non-weight-bearing status. The patient reports foot pain in the injured extremity. Based on the patient's report, which of the following tests and measures should the assistant perform?

A. Gait examination

B. Transfer abilities

C. Capillary refill in toes

D. Blood pressure examination

Identify in a word, or phrase the basic concept of the question?

Acute S/S of fracture with fixed casting

Re-write the question in its simplest terms, using your own words.

What test is used to identify circulation trouble?

8 A physical therapist assistant educates a patient on activity level caloric demands. Which of the following activities would be **MOST** effective to achieve a metabolic equivalent (MET) level of 8 METs?

A. Gardening that includes weeding (2-3 mets)

B. Completing light housework, such as sweeping (2-3mets)

C. Jogging on level ground at 5 miles/hour (8 km/hour)

D. Walking on a level treadmill at 4 miles/hour (6.4 km/hour) (4-5 mets)

Identify in a word, or phrase the basic concept of the question?

METS

Re-write the question in its simplest terms, using your own words.

Which is the description for 8 METS?

9 

A physical therapist assistant is conducting a reflex text as shown in the photographs. The arrow indicates the path of the applied stimulus. The results of the test are **MOST** likely to indicate:

A. a peripheral nerve injury.
B. a lesion of the anterior horn cells.
C. a normal response.
D. an injury to the spinal cord.

Identify in a word, or phrase the basic concept of the question?

Special tests

Re-write the question in its simplest terms, using your own words.

A positive Babinski indicates what type of injury?

10 A physical therapist assistant is working with a patient for a mat to wheelchair transfer. Which of the following elements of motor learning contributes **MOST** to retention of a motor skill?

A. Mental practice
B. Manual contact to guide the patient.
C. Summary knowledge of results
D. Practice of the motor skill

Identify in a word, or phrase the basic concept of the question?

Motor Learning

Re-write the question in its simplest terms, using your own words.

Which of the following is used to encourage retention in motor learning?