1 A physical therapist assistant is monitoring a patient for treadmill exercises. Cool-down exercises are performed immediately after a general aerobic exercise program **PRIMARILY** to prevent:

A. venous pooling.

B. cardiac arrhythmia.

C. decreased body temperature.

D. muscle tightening.

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

Aerobic exercise procedure

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

Why do we preform cool down activity after aerobic exercise?

2 A physical therapist assistant is teaching motor skills to a patient with chronic hemiplegia. Which of the following teaching approaches should be **MOST** emphasized?

A. Habituation

B. Sensitization

C. Compensatory strategy

D. Recovery of normal movement

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

Types of teaching techniques

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

What type of teaching for a pts. with a permanent disability?

3 A physical therapist assistant is testing the grip strength for a patient with carpal tunnel syndrome. During a five-position grip strength test, the **HIGHEST** strength measurement is **MOST** likely to result from use of which handle position of a hand-held dynamometer?

A. 1

B. 3

C. 4

D. 5

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

Grip strength testing

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

Which position allows the pts. to test for the greatest grip strength?

4 A 65-year-old patient reports left hip morning stiffness and pain that increases with medial (internal) rotation. The patient demonstrates restriction in hip motion for both medial (internal) rotation and flexion. These signs and symptoms are **MOST** likely caused by which of the following conditions?

A. Neoplasm

B. Fibromyalgia

C. Osteoarthritis

D. Rheumatoid arthritis

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

Diseases causing pain.

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

What causes pain and stiffness upon waking and with hip flexion and internal rot?

5 Which of the following interventions is **MOST** appropriate for a patient who has juvenile rheumatoid arthritis and is experiencing painful swelling of both knees?

A. Resistive exercises
B. Stretching to prevent contracture
C. Gentle, active exercises
D. Walking program

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

RA treatment

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

Which of the following is best for RA during flare up?

6 A physical therapist assistant is working with a patient who has intermittent claudication of the lower extremities. To manually assess a patient's lower extremity circulation, a physical therapist should palpate the patient's peripheral pulse at which of the following locations?

A. Dorsal foot, near the base of the first metatarsal
B. Lateral lower leg, just posterior to the fibular head
C. Lateral ankle, just inferior to the lateral malleolus
D. Plantar foot, just medial to the medial calcaneal tuberosity

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

Pulse location/use

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

Where would I palpate the pedal pulse?

7 A physical therapist assistant is working with a patient with multiple sclerosis who is in a period of exacerbation. The patient is independent with bed mobility, can sit unassisted at the edge of the bed, and requires physical assistance to stand with a walker. Which of the following intervention would have the **HIGHEST** priority?

A. Wheelchair propulsion up a 10-ft (3-m) ramp

B. Wheelchair transfers

C. Walking with an assistive device

D. Tub transfers

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

Treatment prioritizing

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

What activity is most important for the patient who is IND in bed mobs but needs assistance with transfer?

8 A physical therapist assistant is monitoring a patient on a stationary bike who has difficulty palpating the carotid pulse during exercise. The patient should be instructed in alternate methods of self-monitoring, because repeated palpation is likely to result in:

A. an increase in the heart rate.

B. a decrease in the heart rate.

C. an irregular heart rhythm.

D. an increase in blood pressure.

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

Carotid pulse precautions

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

What happens when repeated pressure is applied the to the carotid pulse location?

9 A physical therapist assistant is working with a patient who has a grade II ulnar collateral sprain at the wrist. What is the close-packed position of the radiocarpal joint of the wrist?

A. Flexion with ulnar deviation

B. Flexion with radial deviation

C. Extension with ulnar deviation

D. Extension with radial deviation

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

Closed pack positions

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

What is the closed pack position of the wrist?

10 A physical therapist assistant is monitoring a patient on a stationary bike. During steady rate exercise, the blood pressure in a healthy person **MOST** typically responds with:

A. systolic pressure increases and minimal change in diastolic pressure.

B. no change in systolic pressure and marked decrease in diastolic pressure.

C. systolic pressure decreases and diastolic pressure increases.

D. no change in systolic pressure until the end point of the exercise session.

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

Blood pressure response to exercise

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

What happens to BP when preforming aerobic activity?