1 A physical therapist assistant is assigned to perform stretching exercises on a 15-month-old patient who has clubfoot. The patient will **MOST** likely hold the foot and ankle in which of the following positions?

A. Dorsiflexion and calcaneal varus

B. Plantar flexion and calcaneal valgus

C. Dorsiflexion and forefoot abduction

D. Plantar flexion and forefoot adduction

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

Clubfoot

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

What does a clubfoot look like?

2 A patient who is relearning the task of moving from sitting to standing position following traumatic brain injury is frustrated because of repeated failed attempts. To facilitate the patient's success, a physical therapist assistant should **FIRST**:

A. permit the patient to rest until the next physical therapy session and reattempt the activity.

B. encourage the patient to visualize success with the task before resuming attempts.

C. provide incentive by holding a desired object for the patient to reach toward.

D. decrease the challenge of the task, so that the patient experiences success.

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.

What should you do to facilitate success in early motor learning?

3 A patient who had a rotator cuff repair 4 weeks ago reports pain with passive shoulder range of motion in all planes and has a capsular end-feel. Ecchymosis and swelling along the proximal arm is resolving. The patient is **MOST** likely in which phase of healing?

A. Acute

B. Subacute

C. Maturation

D. Remodeling

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

Healing time frames

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

What is the heal time for 4 weeks S/P?

4 The physical therapy intervention for a patient with dark skin pigmentation includes superficial heat. After 5 minutes of this intervention, the physical therapist assistant removes the heat and observes that the skin over the region being treated is blotchy with both darker and lighter areas. What is the **MOST** appropriate action for the assistant to take?

A. Discontinue superficial heat and inform the supervising therapist.

B. Continue with the use of superficial heat, because this is a normal response.

C. Discontinue superficial heat and initiate ice application.

D. Continue with the use of superficial heat but add more towel layers

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

Heat modalities procedures

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

What is done when mottling occurs with thermotherapy?

5 A physical therapist assistant is working with a patient with a hiatal hernia for a general conditioning program following a UTI. Which of the following exercises would **MOST** likely worsen the symptoms related to the hernia?

A. Wall sits

B. Overhead press

C. Bilateral leg lifts

D. Hamstring stretch

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

Hernia exercise precautions

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

Which activity will make hernia symptoms worse?

6 During gait training with a patient, a physical therapist assistant notes that one of the patient's feet is erythematous, swollen, and significantly warmer to the touch than the contralateral foot. The patient denies any pain or trauma. The patient has a history of diabetes, peripheral vascular disease, and chronic heart failure. The findings are **MOST** consistent with the presence of which of the following conditions?

A. Grade III sprain of the talocrural ligament

B. Fractured distal tibia

C. Bone cancer

D. Charcot disease

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

Neurological disease

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

Which does not involve pain?

7 A physical therapist assistant is treating a patient who has an ulcer on the right lateral malleolus. The patient's resting heart rate is 76 bpm, respiratory rate is 16 breaths/minute, right brachial blood pressure is 120/80 mm Hg, and right posterior tibial blood pressure is 70/50 mm Hg. Which of the following values **MOST** likely represents the patient's ankle brachial index?

A. 0.58

B. 0.63

C. 0.97

D. 1.71

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

ABI

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

What is 70 divided by 120?

8 A patient diagnosed with Parkinson disease demonstrates shortness of breath during activity. Which of the following tests is **MOST** likely to help determine a cause for the patient's shortness of breath?

A. Deep tendon reflex testing

B. Sensory examination

C. Muscle strength testing

D. Posture examination

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

Special testing

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

Which of the following impacts breathing in a patient with Parkinson's?

9 A physical therapist assistant is working with a patient following a recent closed reduction of an anterior dislocation of the shoulder. An exercise program should **AVOID** which of the following motions?

A. Adduction and medial (internal) rotation

B. Hyperextension and lateral (external) rotation

C. Abduction and flexion

D. Extension and medial (internal) rotation

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

Shoulder dislocation precautions

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

Which position should be avoided with Ant. Dislocation?

10 A physical therapist assistant is assigned to work with a patient recovering from a recent onset of rheumatoid arthritis. The patient is **MOST** likely to report which of the following symptoms?

A. Heat intolerance

B. Malaise and fatigue

C. Tension headaches

D. Nausea and diarrhea

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

RA Symptoms

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

Which of the following are common RA symptoms?