1 A patient has a dry, yellow wound located on the anterolateral aspect of the left lower extremity. The patient experiences pain when walking continuously for 5 minutes and therefore avoids walking. Which of the following home exercise programs is **MOST** appropriate for the patient?

A. Swimming in a heated therapeutic pool

B. Upper extremity progressive resistive exercise program

C. Lower extremity progressive resistive exercise program

D. Intermittent walking program to tolerance

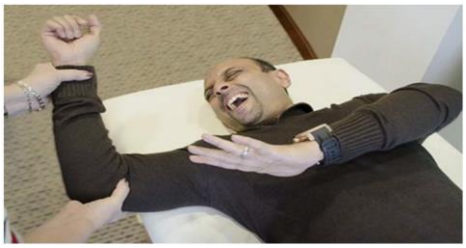
Identify in a word, or phrase the basic concept of the question?

HEP

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

Which of the following addresses a pts. inability to tolerate walking beyond 5 minutes?

2



Which of the following findings or history would prompt a physical therapist assistant to perform the test shown in the photograph?

A. Anterior shoulder pain after falling down the stairs, reaching back to break the fall.

B. Insidious onset of interrupted sleep patterns due to aching discomfort in the shoulder

C. Gradual onset of pain in the shoulder and difficulty with dressing.

D. Difficulty washing the opposite axilla due to superior shoulder pain after painting the house

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.

Which would cause an shoulder dislocation?

3 A patient with a T2 spinal cord injury is referred for rehabilitation. Shortly after the session begins, the physical therapist assistant notices that the patient is beginning to perspire heavily and is developing a flushed appearance. How should the patient be positioned to assist in resolving the symptoms?

A. In prone

B. In supine

C. In an upright seated position

D. In supine, with the head in a dependent position

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

Autonomic Dysreflexia

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

What is the first step when your patient suddenly has Autonomic Dysreflexia occur?

4 A 13-year-old male patient who is morbidly obese has a recent onset of left knee pain. His left hip is in slight flexion, adduction, and lateral (external) rotation. Examination shows no medial (internal) hip rotation and abduction, with increasing pain on abduction. Which of the following conditions are **MOST** likely present.

A. Weakness in the left hip abductor musculature

B. Left slipped capital femoral epiphysis

C. Avascular necrosis of the left femoral head

D. Dislocated left hip

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

SCFE

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

What pediatric disease affects teen boys primarily and presents with the loss of hip motion?

5 A patient is unable to perform a standing heel raise with the knee extended. During this attempted movement, the physical therapist observes toe flexion, inversion, and limited movement of the calcaneus. The **MOST** likely cause of this deviation is:

A. substitution by the extensor hallucis longus and extensor digitorum longus muscles

B. weakness in the peroneus longus muscle.

C. weakness in the tibialis anterior muscle.

D. substitution by the flexor digitorum and flexor hallucis longus muscles.

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

Substitutional movements

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

How would a patient compensate on a heel raise with week Gastroc/Soleus?

6 While a patient is receiving gait training in the use of crutches, the **BEST** hand placement for the physical therapist assistant to use on the patient is:

A. one hand on the gait belt and one hand on the patient's shoulder.

B. both hands on the gait belt.

C. one hand on the gait belt and one hand on the patient's arm.

D. both hands on the patient's hips.

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

Guarding during gait

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

Where should the PTA place hands to guard during initial gait training on crutches?

7 A physical therapist assistant is examining a patient with damage to cranial nerve V. Which of the following signs and symptoms should the assistant expect to find?

A. Facial weakness and an echo or hypersensitivity to sound

B. Pain along the forehead, face, and chin, and decreased tone in the masseter muscle

C. Double vision when looking at distant objects and inability to move the eye laterally

D. Progressive hearing loss and ringing in the ears

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

Cranial Nerves

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

What S/S is expected with CN V palsy?

8 A hospital physical therapist assistant discovers that her child's day-care provider has been admitted to the same hospital and placed on contact isolation precautions. The assistant is concerned that her child may have been exposed to a health risk. The assistant should:

A. ask the day-care provider's nurse about the patient's medical status.

B. contact the provider's physician to ask about the diagnosis and the potential risk to the child.

C. discuss her concerns with the provider and ask whether the child requires physician screening

D. examine the pertinent portions of the provider's medical record to obtain data on the diagnosis.

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

HIPAA

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

How would you get medical status on your child's daycare provider?

9 A patient with relapsing-remitting multiple sclerosis will **MOST** likely experience which of the following over time?

A. Continuous and steady decline, followed by a plateau

B. Acute worsening, followed by full recovery without additional episodes

C. Acute exacerbation, followed by disease improvement and stability

D. Continuous and steady decline without improvement

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

RRMS

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

What is the expected long-term outcome of RRMS?

10 After discussing with the physical therapist assistant, the benefits of therapy and the risks of refusing intervention, a patient refuses physical therapy. The patient acknowledges that without intervention, there is a high probability that this condition will worsen. Which of the following is the **MOST** appropriate response?

A. Respect the patient's decision to decline the therapy.

B. Continue discussions with the patient on why therapy is the best option.

C. Begin treatment, starting with a very easy exercise.

D. Refer the patient to another therapist who may be able to establish a better rapport

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

Patient’s bill of rights

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

If a patient refuses therapy what should you do?