

- 1 Which of the following methods is the **MOST** effective way to encourage a patient who is learning a new movement pattern?
- A. Describe how incorrect differ from the correct movements before proceeding to the next trial.
 - B. Describe each component of the desired movement before beginning practice.
 - C. Provide feedback at the same point in each of the patient's attempts.
 - D. **Provide frequent feedback during the initial trials of the movement.**

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

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

- 2 The **BEST** approach for examining reactive postural control is to observe the positional changes of the trunk while the patient is:
- A. sitting on a foam cushion.
 - B. standing on a firm surface.
 - C. reaching for an object.
 - D. **responding to an unexpected perturbation.**

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

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

3 A physical therapist assistant is examining a patient who reports a burning sensation between the 2nd and 3rd metatarsals that spreads across the forefoot. The pain occurs primarily with weight-bearing or pressure on the area, but also at night when the patient is in bed. The **MOST** likely cause of the pain is:

- A. plantar fasciitis.
- B. complex regional pain syndrome.
- C. a Morton neuroma.
- D. tarsal tunnel syndrome.

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

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

4 A patient has an aching, cramping sensation in the posterior lower legs bilaterally that occurs during walking and is relieved by rest. The patient's feet are pale and cool to the touch. The popliteal and pedal pulses are absent. The patient has a full range of motion of the ankles and knee, and Normal (5/5) strength in the tibialis anterior and Good (4/5) strength in the gastrocnemius and soleus bilaterally. The **MOST** likely cause of this patient's pain is:

- A. lower extremity venous stasis.
- B. deep-vein thrombosis.
- C. chronic arterial occlusion.
- D. weakness of the plantar flexors.

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

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

- 5 A patient who is 6 months postpartum is referred to physical therapy with low back pain. The patient has been applying heat to her lower back at home. Physical assessment reveals a diastasis rectus of four fingers' breadth. The physical therapist assistant should:
- A. not recommend any exercises at present.
 - B. change heat treatment to cold treatment.
 - C. recommend lumbar extension exercises.
 - D. **recommend posterior pelvic tilts with abdominal splinting.**

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

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

- 6 A patient has aspiration precautions. Which of the following factors is **MOST** likely to affect the patient's condition?
- A. **Liquids are aspirated more easily than solids.**
 - B. Solids are aspirated more easily than liquids
 - C. Cold food is easier to swallow than warm food.
 - D. Hyperextension of the neck facilitates swallowing.

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

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

7 A physical therapist assistant determines that a patient has an abnormal biceps tendon reflex response and suspects it may be caused by impingement of the corresponding nerve root. If the assistant then conducts a sharp/dull sensory discrimination test, in which region would the assistant expect to find a deficit?

- A. Lateral upper extremity from below the shoulder to the thumb (1st digit)
- B. Across the chest from shoulder-to-shoulder and the back of neck
- C. Medial forearm from the axilla to the distal ulna
- D. Middle (3rd digit), ring (4th digit), and little finger (5th digit) of the hand

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

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

8 A patient, who has many risk factors for coronary artery disease and is presently not taking any cardiac medications, is interested in beginning an exercise program at a gym to improve cardiac health. The **BEST** self-assessment of exercise intensity during the exercise sessions of this patient is:

- A. change in systolic blood pressure.
- B. MET (metabolic equivalent) level.
- C. rating of perceived exertion.
- D. respiratory rate.

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

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

9 Physical assessment of a patient's right lower extremity shows the following: a) Normal (5/5) grade strength in the iliopsoas, quadriceps, and adductor; b) Poor (2/5) grade strength in the gluteus medius, hamstrings, and gastrocnemius; c) Trace (1 /5) grade strength in the tibialis anterior, extensor digitorum longus, and peroneus longus. The patellar and Achilles tendon reflexes are normal. Sensory testing reveals diminished pain, temperature, and deep touch over the dorsum of the foot over the first and second toes. The **MOST** likely cause of the muscle weakness is a:

- A. **nerve root lesion of L5 on the right side.**
- B. right common peroneal nerve lesion.
- C. spinal cord hemi-section at L2 on the right side.
- D. Cerebrovascular accident affecting the left hemisphere.

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

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

10 A patient with a right transtibial amputation is referred for prosthetic gait training. Assessment of gait reveals lateral trunk bending toward the right side during right midstance. The **MOST** likely cause of this problem is that the:

- A. foot is too far medially inset.
- B. socket is in excessive adduction.
- C. foot is too far posteriorly set.
- D. **prosthesis is too short.**

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

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