1 A physical therapist assistant is performing a work-site evaluation of a person who is using a computer at a workstation. Which of the following elements of posture or positioning are **MOST** desirable for preventing overuse injuries or postural dysfunction?

A. Top of screen even with the top of the forehead, monitor 12 in (30 cm) away

B. Elbows bent 90°, top of the screen even with the top of forehead.

C. Elbows bent greater than 100°, shoulders relaxed with arms at the side

D. Hips flexed to 90°, front edge of the chair 6 in (15 cm) from the popliteal crease.

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

Posture

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

How do I hold my UE's when you a CPU at a desk?

2 A physical therapist assistant is assessing the gait of a patient with sciatic nerve damage. Which of the following gait deviations is the patient **MOST** likely to exhibit?

A. Extensor lag of the knee

B. Excessive hip extension

C. Decreased ankle dorsiflexion

D. Decreased hip flexion

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

Gait deviation

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

Which action is distributed through the sciatic nerve?

3 In the treatment of an acute ankle sprain, application of ice has which of the following effects?

A. Decrease in metabolic activity in the cells around the periphery of the primary injury
B. Increase in blood flow to the injured area
C. Decrease in tissue viscosity around the ankle
D. Increase in secondary hypoxic damage to the cells around the periphery of the primary injury

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

Cryotherapy

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

Which if the following is a direct impact from exposure to cold?

4 A patient reports a deep, localized pain in the low back and posterior hip region with intermittent tingling that radiates along the posterior thigh. The pain increases when the hip is passively moved into medial (internal) rotation. This finding is **MOST** likely related to:

A. piriformis syndrome.
B. tension on the posterior joint capsule of the hip.
C. trochanteric bursitis.
D. a sacroiliac joint dysfunction.

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

LMN pathology

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

What nerve is positioned posteriorly and sees increased symptoms with muscle tightness?

5 A physical therapist assistant is walking down an isolated hospital staircase. The assistant sees a middle-aged adult lying on the landing and determines that the adult is unresponsive. What should the assistant do **NEXT**?

A. Initiate chest compressions.

B. Find the nearest defibrillator.

C. Initiate rescue breathing.

D. Activate the emergency response system.

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

SOP for emergency

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

What do I do when finding a patient with SCI and unresponsive FIRST?

6 A patient with a history of advanced osteoporosis is restricted to non-weight-bearing status on the right lower extremity following a pathological fracture of the right hip. Which of the following physical therapy interventions would be **MOST** appropriate for the patient **INITIALLY?**

A. Transfer training and wheelchair mobility

B. One foot supported standing balance exercises

C. Progressive walking program

D. Progressive resistive bed exercise program

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

Post hip fracture Tx

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

Which of the following would be ok to do with a NWB hip fracture?

7 A patient who had total knee arthroplasty 3 days ago and has extreme tenderness to palpation of the proximal posterior lower leg. Which of the following conditions is the **MOST** likely cause of the finding?

A. Deep vein thrombosis

B. Delayed onset muscle soreness

C. Gastrocnemius muscle strain

D. Fibular (peroneal) nerve entrapment

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

DVT symptoms

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

What causes pain in the calf following bone surgery?

8 A patient had a right-sided cerebrovascular accident. The physical therapist assistant should expect that the patient may exhibit which of the following impairments?

A. Apraxia, alexia, and a tendency to overestimate personal abilities

B. Dysphagia, signs of depression, and receptive aphasia

C. Impulsiveness, poor safety awareness, and difficulty with spatial relationships

D. Expressive aphasia, distorted body image, and poor judgment

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

CVA Symptoms

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

Which of the following are S/S of Right hemisphere lesion?

9 

A patient's midstance phase of gait is shown in the photographs. Based on these photographs, what muscle groups should the physical therapist assistant focus on strengthening **MOST** in the patient?

A. Left gluteus medius and minimus

B. Right gluteus medius and minimus

C. Left internal oblique and external oblique

D. Right internal oblique and external oblique

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

Gait deviation

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

What muscle is responsible for a Trendelenburg gait patten?

10 A physical therapist assistant is treating a patient who has a Stage 3 pressure injury. The affected area has red granulation tissue, no eschar, no odor, and minimal serosanguineous drainage. Which of the following is the **BEST** treatment for this wound?

A. Thin, occlusive film, changed as needed

B. Wet-to-dry normal saline on gauze, changed 3 times/day

C. Hydrocolloid dressing, changed as needed

D. Pulsed lavage and sharp debridement

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

Wound dressings/treatment

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

What dressing/treatment is used with low to no exudate and no infection?