

1 Which of the following signs and symptoms is **MOST** likely to be present in an individual with a herniated nucleus pulposus at the L4-L5 level?

- A. Pain in the dorsal surface of foot and decreased strength in the extensor hallucis longus
- B. Pain in the plantar surface of the foot and decreased ankle inversion strength
- C. Pain in the medial aspect of the ankle and decreased strength of the plantar flexors
- D. Pain in the lateral aspect of the ankle and decreased ankle eversion strength

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 A patient who has a brain injury rated as level 5 on the Rancho Los Amigos Levels of Cognitive Functioning scale is confused and is behaving inappropriately. The physical therapist assistant's **MOST** appropriate course of action for this patient is to:

- A. defer physical therapy until the patient is less agitated.
- B. explain a multipart activity to the patient before allowing independent practice.
- C. offer several activity choices to the patient and supervise carrying out the chosen one.
- D. provide one simple, clear instruction and supervise carrying out the task.

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 patient has a 6-week-old surgical scar that is freely mobile and is completely closed. The scar is soft, slightly raised to palpation, and is pink with a silvery white appearance. These findings indicate:

- A. a normally healing scar
- B. retarded scar healing.
- C. possible scar inflammation.
- D. excessive keloid formation.

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 physical therapist assistant is preparing to perform a bed to chair transfer with a patient who underwent an extensive surgery 24 hours ago and is taking an angiotensin converting enzyme (ACE) inhibitor. During this transfer, the physical therapist assistant should monitor the patient for the possibility of a:

- A. rise in systolic and a drop in diastolic blood pressure.
- B. rise in systolic and diastolic blood pressure.
- C. drop in systolic and diastolic blood pressure.
- D. drop in systolic and a rise in diastolic blood pressure.

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 had total knee arthroplasty 3 days ago is preparing for discharge from the hospital. The patient lives alone in a third-floor walk-up apartment. The patient currently walks slowly but independently with a cane on level surfaces. The patient climbs stairs with a cane and moderate assistance but fatigues quickly. Which of the following is the **BEST** discharge decision for this patient?

- A. Delay discharge from the hospital.
- B. Refer patient for outpatient physical therapy.
- C. **Recommend the patient go to a subacute care unit to receive further physical therapy.**
- D. Recommend the patient return to the apartment and receive home health physical therapy.

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 An eight-month-old infant displays an obligatory asymmetrical tonic neck reflex and abnormal trunk and extremity extensor tone when reaching. Which of the following positions will **BEST** facilitate age-appropriate play skills?

- A. Prone with toys on both sides
- B. Semi-reclined against a wedge with toys to grasp available in lap
- C. Supine with a mobile overhead
- D. **Supported sitting with hips and knees flexed and toys at midline**

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 patient who had a left thoracotomy yesterday is currently receiving 2 L/minute of supplemental oxygen via nasal cannula. The patient, lying supine in bed, begins to cough. A physical therapist assistant can help to **MINIMIZE** the patient's incisional pain associated with coughing by:

- A. placing the patient's hands firmly over the incision.
- B. assisting the patient into a right sidelying position.
- C. increasing the supplemental oxygen to 3 L/minute.
- D. encouraging the patient to suppress the cough.

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 has a small, hyper-irritable nodule at the superior medial border of the left scapula. Pressure on this nodule causes the patient to experience pain in the left lateral cervical area from C2-C7 and at the medial border of the left scapula. Which of the following interventions is **MOST** appropriate for this condition?

- A. Intermittent, mechanical traction with a 20 lb. force, cervical spine in a neutral position
- B. Posterior-anterior glides of C2-C7 performed into tissue resistance
- C. Instruction in home cervical spine stabilization exercises
- D. Spray and stretch to the left levator scapulae muscle

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



The patient in the photograph is unable to tolerate passive lower extremity elevation beyond what is shown in the photograph. The patient's lower extremity limitation is **MOST** likely caused by which of the following conditions?

- A. **Passive insufficiency of the hamstring muscles**
- B. Capsular tightness in the hip joint
- C. Active insufficiency of the hamstrings
- D. Tightness in the hip flexor muscles

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 reports difficulty in raising the right arm. During examination, manual muscle testing of shoulder abduction reveals strength of Good (4/5) without pain. Which of the following is the **MOST** likely cause of these findings?

- A. Deltoid tendinitis
- B. **Suprascapular nerve damage**
- C. Subacromial bursitis
- D. Supraspinatus tendinitis

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

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