

1 Which of the following interventions is **MOST** appropriate for treating complex regional pain syndrome in a patient recovering from traumatic brain injury?

- A. Active range of motion, splinting, and whirlpool therapy
- B. Active range of motion, functional training, and transcutaneous electrical nerve stimulation
- C. Passive range of motion, splinting, and contrast baths
- D. Passive range of motion, functional training, and moist hot packs

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 physical therapist assistant has been teaching a patient how to walk up stairs with a cane and has worked on this activity with the patient during two previous sessions. When is the **MOST** appropriate time to determine if the patient has retention of the task?

- A. At the beginning of the current treatment session, before practice of the task
- B. During the current treatment session, directly after practice of the task
- C. At the end of the current treatment session
- D. Midway through the next treatment session

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 recreational runner reports a 2-week history of gradually increasing pain in the distal posterior-medial aspect of the lower leg. The pain is present first thing in the morning, eases within a few hours, and increases again at the end of the day. Which of the following is **MOST** likely the cause of the symptoms?

- A. **Posterior tibialis tendinitis**
- B. Deltoid ligament sprain
- C. Tarsal tunnel syndrome
- D. Plantar fasciitis

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 who has a leg wound reports increased pain with walking and decreased pain with rest. Which of the following test results is **BEST** able to identify the primary cause?

- A. Spontaneous auditory signal during Doppler ultrasound
- B. Inability to sense the 5.07 monofilament during a monofilament sensory test
- C. Absence of superficial peroneal (fibular) sensory nerve action potential
- D. **Positive arteriogram with an ankle-brachial index less than 0.70**

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 has completed a 12-week strength and conditioning program. Which of the following measures would be **MOST** appropriate to assess change in fitness and conditioning from week 1 to week 12?

- A. Resting respiration rate before starting exercise
- B. Amount of time until the heart rate returns to baseline after exercise
- C. Amount of time until the onset of perspiration during exercise
- D. Amount of increase in diastolic blood pressure during exercise

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 When using biofeedback for neuromuscular re-education on a patient with a traumatic brain injury, the physical therapist should **FIRST**:

- A. place the electrodes over the appropriate muscle.
- B. determine that the patient can understand the concept of feedback.
- C. set the biofeedback unit's threshold to the lowest level.
- D. use both audio and visual feedback modes.

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 had an arthroscopic patellar debridement and lateral retinacular release of the knee 8 weeks ago. The patient works as a computer programmer, has two small children, and lives in a three-story home. Which of the following information is **MOST** important for determining whether the patient is appropriate for discharge from outpatient therapy?
- A. Single leg hops for distance
 - B. Isokinetic strength comparison of the quadriceps and hamstrings
 - C. Passive knee flexion range of motion
 - D. **Unilateral step down from an 8-inch (20.3-cm) stair**

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 with multiple sclerosis wants to transfer independently. The patient progressed from moderate to minimal assistance for transfers within 3 days; however, no progress has been made in the past 2 weeks. Which of the following recommendations is **MOST** appropriate for this patient?
- A. discharge the patient without further intervention.
 - B. **provide the patient with a home program and re-evaluate in 1 month**
 - C. increase the patient's treatments to 5 times/week for 2 weeks.
 - D. decrease the patient's treatments to 1 time/week until the goal is achieved.

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 Standing postural assessment of a patient with spondylolysis reveals an increased lumbar lordosis, shortened hip flexors, and Fair (3/5) strength in the abdominal muscles. Which exercises would be **MOST** appropriate for this patient.
- A. Prone, perform press-ups, raising upper trunk with arms and keep pelvis in contact with table.
 - B. Chair-sitting, hips and knees flexed to 90°, perform alternate anterior and posterior pelvic tilts.
 - C. Supine, perform straight-leg raises to stretch out hamstring muscles.
 - D. **Supine, knees flexed, perform posterior pelvic tilts with isometric contraction of rectus abdominis.**

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 displays a positive sign for the test shown in the photograph. After physical therapy intervention, a successful outcome should be assessed by observing what phase of the patient's gait cycle?

- A. Foot flat (loading response)
- B. Heel strike (initial contact)
- C. **Heel off (terminal stance)**
- D. Midstance

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

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