

1 A physical therapist assistant is working with a COPD patient with multiple comorbidities. Which of the following tests is **MOST** appropriate to measure changes in this patient's endurance over time?

- A. 10-meter walk for time
- B. 6-minute walk
- C. Timed Up and Go
- D. Maximum V02 assessment

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 To reduce skin irritation and pain during functional electrical nerve stimulation, a physical therapist assistant should use:

- A. lower intensity, larger interelectrode distance, and larger electrodes.
- B. lower intensity, larger interelectrode distance, and smaller electrodes.
- C. higher intensity, smaller interelectrode distance, and smaller electrodes.
- D. higher intensity, smaller interelectrode distance, and larger electrodes.

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 For a patient who has a documented lower extremity deep vein thrombosis and has reached therapeutic levels of the prescribed anticoagulant, which of the following interventions is **MOST** appropriate to reduce the risks associated with bed rest?

- A. **Frequent ambulation**
- B. Mechanical compression
- C. Active range of motion in sitting position
- D. Lower extremity lymphatic massage

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 Which of the following locations corresponds to the sensory function of the nerve root exiting between the third and fourth lumbar vertebrae?

- A. Dorsal web space between the first and second toes
- B. **Medial knee joint line**
- C. Plantar aspect of the heel
- D. Lateral knee joint line

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 An older adult patient is seen 1 day after the patient had a left total hip arthroplasty. (non-cemented) using a posterolateral approach. The patient has no complicating medical history and was active and independent preoperatively. Which of the following activities is **LEAST** appropriate for the first week of therapy?

- A. Active-assistive positioning of the left hip to 60° of flexion
- B. **Active left hip abduction in right sidelying position**
- C. Active bridging exercises in supine
- D. Walking with moderate assistance with a standard walker to 25 ft (7.6 m)

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 Which of the following behavioral deficits would be **MOST** consistent with a cerebrovascular accident affecting the left hemisphere?

- A. Inability to self-correct
- B. Denial of disability
- C. Poor judgement
- D. **Excessive caution**

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 is treating a patient who had a closed reduction with cast fixation for an ankle fracture 2 days ago and is currently restricted to non-weight-bearing status. The patient reports foot pain in the injured extremity. Based on the patient's report, which of the following tests and measures should the assistant perform?
- A. Gait examination
 - B. Transfer abilities
 - C. Capillary refill in toes
 - D. Blood pressure examination

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 physical therapist assistant educates a patient on activity level caloric demands. Which of the following activities would be **MOST** effective to achieve a metabolic equivalent (MET) level of 8 METs?
- A. Gardening that includes weeding
 - B. Completing light housework, such as sweeping
 - C. Jogging on level ground at 5 miles/hour (8 km/hour)
 - D. Walking on a level treadmill at 4 miles/hour (6.4 km/hour)

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



A physical therapist assistant is conducting a reflex test as shown in the photographs. The arrow indicates the path of the applied stimulus. The results of the test are **MOST** likely to indicate:

- A. a peripheral nerve injury.
- B. a lesion of the anterior horn cells.
- C. a normal response.
- D. **an injury to the spinal cord.**

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 physical therapist assistant is working with a patient for a mat to wheelchair transfer. Which of the following elements of motor learning contributes **MOST** to retention of a motor skill?
- A. Mental practice
 - B. Manual contact to guide the patient.
 - C. Summary knowledge of results
 - D. **Practice of the motor skill**

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

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