

1 A physical therapist assistant is performing balance exercises with a patient who becomes short of breath. Which of the following diagnoses would **MOST** likely benefit from pursed lip breathing during exercise?

- A. Peripheral vascular disease
- B. Heart failure
- C. **Emphysema**
- D. Sarcoidosis

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 is monitoring a patient with peripheral vascular disease on an exercise ergometer who reports they have leg pain that gets worse when walking. The patient will **MOST** likely also have:

- A. relief of pain with the legs elevated.
- B. purple or brown pigmentation of the skin on the legs.
- C. **relief of pain with the legs in the dependent position.**
- D. a positive Homans sign.

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 who sustained a mild cerebrovascular accident 3 weeks ago is being discussed in a joint discharge planning meeting for return to home and an adult day program. To facilitate a discharge plan, the **MOST** appropriate health professional to consult with is the:

- A. skilled nursing coordinator
- B. occupational therapist.
- C. **medical social worker.**
- D. primary physician.

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 assessing the cranial nerves of a child who has medulloblastoma. The assistant observes the child's right eye deviates medially. The child has impairment of which of the following cranial nerves?

- A. Oculomotor (CN III)
- B. Trochlear (CN IV)
- C. **Abducent (CN VI)**
- D. Vagus (CN X)

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 experiencing a recent onset of upper extremity lymphedema following axillary radiation treatments is **MOST** likely to have which of the following findings?

- A. Pallor
- B. Shiny skin
- C. Pitting edema of the dorsal hand
- D. Nonpitting fibrotic edema in the forearm and 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.

6 A patient's plan of care includes the use of functional electrical stimulation to decrease shoulder subluxation in a patient post stroke. Which of the following techniques is **MOST** appropriate?

- A. Use direct current.
- B. Limit on times to less than 10 seconds.
- C. Adjust electrode placement to achieve upper trapezius muscle contraction
- D. Place electrodes over the posterior deltoid and supraspinatus 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.

7 A baseball player presents with radial tunnel syndrome resulting in weakness of the digit extensors. Which of the following positions is **MOST** appropriate to mobilize the radial nerve?

- A. Shoulder abduction, elbow extension, and wrist extension
- B. Shoulder flexion, elbow flexion, and wrist extension
- C. Shoulder abduction, elbow flexion, and wrist flexion
- D. **Shoulder extension, elbow extension, and wrist flexion**

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 muscular dystrophy was removed from mechanical ventilation 1 day ago. The patient is currently unable to independently clear secretions, despite receiving instruction in the bronchopulmonary hygiene techniques of positioning, percussion, shaking, and vibration. Which of the following interventions is **MOST** appropriate to help this patient clear the secretions?

- A. Pursed lip breathing
- B. **manual diaphragmatic assist**
- C. Supplemental oxygen
- D. inspiratory muscle training

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 patient is receiving physical therapy intervention for rheumatoid arthritis, which is in remission. Which of the following treatment strategies is **MOST** appropriate for the patient?
- A. Contract-relax stretching for tight structures
 - B. End-range mobilization techniques
 - C. Elimination of functional activities of involved parts
 - D. **Strengthening exercises for weak 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 physical therapist assistant is preparing a patient for prone lying lumbar traction. Which of the following locations correspond to the sensory function of the nerve root exiting below the fifth lumbar vertebra?
- A. Plantar aspect of the heel
 - B. Central anterior distal thigh
 - C. Medial aspect of the knee joint
 - D. **Dorsal web space between the first and second toes**

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

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