

# ADA and Direct Access Practice Test (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. If a patient is not improving, what action should you take?**
  - A. Continue current plan unchanged.**
  - B. Refer them.**
  - C. Discharge the patient.**
  - D. Increase frequency of visits without change.**
  
- 2. Which statement best describes the approach to differential diagnosis in physical therapy?**
  - A. PT should diagnose patients definitively in all cases.**
  - B. PT should perform differential diagnosis to determine referral needs.**
  - C. PT should only consider differential diagnosis after physician involvement.**
  - D. PT should not perform any differential diagnosis.**
  
- 3. Which of the following is protected under the ADA?**
  - A. Cosmetic disfigurement**
  - B. Mild allergy**
  - C. Temporary injury lasting less than a month**
  - D. Age over 65**
  
- 4. Which of the following describes when a patient should be referred?**
  - A. Not improving after 15 business days or 10 visits (whichever comes first)**
  - B. If the patient with chronic disease had PT, then come back within 30 days for same condition**
  - C. If the condition is beyond the scope of PT**
  - D. All of the above**
  
- 5. Which statement best describes Title III accessibility requirements?**
  - A. Public transportation must be accessible**
  - B. Public meetings must be accessible**
  - C. Commercial facilities must be accessible**
  - D. All publicly and privately owned places of accommodation and commercial facilities must be readily accessible**

- 6. Which statement best describes how differential diagnosis relates to referral decisions?**
- A. Differential diagnosis should be deferred until after billing.**
  - B. Differential diagnosis is unrelated to referrals.**
  - C. Differential diagnosis helps determine when to refer patients to other care providers.**
  - D. Differential diagnosis only applies to medical doctors.**
- 7. What does coding to the 'level of certainty' refer to in physical therapy documentation?**
- A. The degree to which the clinical information supports a diagnosis for that encounter.**
  - B. The payer's required level of evidence.**
  - C. The therapist's confidence in the CPT code.**
  - D. The patient's confidence in the treatment plan.**
- 8. Which statement about TDD use is true?**
- A. TDDs are required for all customers**
  - B. TDDs are used by speech-impaired or hearing-impaired individuals**
  - C. TDDs replace televisions**
  - D. TDD stands for Telephone Data Device**
- 9. In Illinois, can a physical therapist evaluate and treat without a referral?**
- A. No, always require referral**
  - B. Yes, IL has direct access**
  - C. Only for pediatric patients**
  - D. Only for emergency conditions**
- 10. Which statement describes a Title III requirement?**
- A. Discrimination is allowed in government services**
  - B. Discrimination is allowed in places of public accommodation**
  - C. Discrimination is prohibited in services, programs, and activities provided or made available by governments, and places of accommodation and commercial facilities must be accessible**
  - D. TDD devices are required in all facilities**

## Answers

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1. B
2. B
3. A
4. D
5. D
6. C
7. A
8. B
9. B
10. C

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## **Explanations**

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1. If a patient is not improving, what action should you take?
  - A. Continue current plan unchanged.
  - B. Refer them.**
  - C. Discharge the patient.
  - D. Increase frequency of visits without change.

When a patient isn't improving, the priority is to reassess and involve another clinician who can provide a fuller evaluation. In direct access practice this means referring the patient for further medical or specialist input rather than pushing ahead with the same plan. Not improving can be due to an incorrect diagnosis, an intervention that doesn't address the underlying issue, or the presence of red flags or comorbid conditions that require different management. Referring allows for a more comprehensive workup, potential imaging or labs, and a revised treatment approach that better fits the patient's needs. Communicate clearly with the patient and coordinate with the provider you are referring to. Continuing the same plan, discharging, or only increasing visit frequency without changing the approach does not address the root problem and risks delaying appropriate care.

2. Which statement best describes the approach to differential diagnosis in physical therapy?
  - A. PT should diagnose patients definitively in all cases.
  - B. PT should perform differential diagnosis to determine referral needs.**
  - C. PT should only consider differential diagnosis after physician involvement.
  - D. PT should not perform any differential diagnosis.

In direct-access physical therapy, evaluating a patient includes performing a differential diagnosis to decide whether the presentation is suitable for PT or requires medical referral. This process uses history, systems review, and focused tests to generate a list of possible causes and to identify red flags that point to conditions outside PT scope. The goal isn't to label every disease definitively, but to triage safely and ensure the patient gets the right care at the right time. This approach protects patient safety and supports timely referrals when needed. Waiting for physician involvement before screening would delay important decisions, and not performing any differential diagnosis would miss signs that warrant referral.

### 3. Which of the following is protected under the ADA?

- A. Cosmetic disfigurement**
- B. Mild allergy**
- C. Temporary injury lasting less than a month**
- D. Age over 65**

Protection under the ADA comes from having a disability that substantially limits one or more major life activities. Cosmetic disfigurement can be covered because, when it significantly affects how a person functions day to day—such as in communication, social interaction, or other tasks—it can be considered a disability and thus eligible for protections and reasonable accommodations. A mild allergy usually does not rise to the level of a disability because it does not typically substantially limit major life activities. A temporary injury lasting less than a month is also generally not a disability unless it causes a substantial and lasting impairment, which a short-term issue usually does not. Age over 65 isn't covered by the ADA itself; age protections fall under the Age Discrimination Act, so it isn't ADA protection. So the best choice is cosmetic disfigurement, since it aligns with how the ADA addresses disabilities and potential accommodations.

### 4. Which of the following describes when a patient should be referred?

- A. Not improving after 15 business days or 10 visits (whichever comes first)**
- B. If the patient with chronic disease had PT, then come back within 30 days for same condition**
- C. If the condition is beyond the scope of PT**
- D. All of the above**

The main concept is knowing when to refer a patient to another clinician to keep care safe and appropriate. Referral is appropriate if progress stops or slows significantly—such as not improving after a defined period (like 15 business days or 10 visits, whichever comes first)—because the underlying issue may need medical evaluation or a different treatment approach. It's also important for patients with chronic diseases: even if PT has started, a re-evaluation within a set timeframe (30 days) helps ensure ongoing medical management is coordinated and necessary medical factors aren't overlooked. Finally, if the condition is outside what physical therapy can address, a referral ensures the patient gets care from the right specialist. When you combine these situations, all of them are valid reasons to refer, so recognizing multiple referral triggers is essential for proper care.

**5. Which statement best describes Title III accessibility requirements?**

- A. Public transportation must be accessible**
- B. Public meetings must be accessible**
- C. Commercial facilities must be accessible**
- D. All publicly and privately owned places of accommodation and commercial facilities must be readily accessible**

Title III is about making places that serve the public accessible to people with disabilities. It requires that all publicly and privately owned places of accommodation and commercial facilities be accessible to individuals with disabilities, so people can access goods and services without discrimination. This applies to both new construction and alterations, which must be designed and built to be accessible, and to existing facilities, where barriers should be removed to the extent readily achievable. Other ADA requirements address accessibility for public transportation and public meetings, which are handled under different parts or laws, not Title III. The statement that best describes Title III is that all publicly and privately owned places of accommodation and commercial facilities must be readily accessible.

**6. Which statement best describes how differential diagnosis relates to referral decisions?**

- A. Differential diagnosis should be deferred until after billing.**
- B. Differential diagnosis is unrelated to referrals.**
- C. Differential diagnosis helps determine when to refer patients to other care providers.**
- D. Differential diagnosis only applies to medical doctors.**

Understanding how differential diagnosis informs referral decisions. Differential diagnosis is the process of listing possible causes for a patient's symptoms and judging which are most likely or most dangerous. This framework guides what steps to take next, including when a referral to another provider is needed for further evaluation, testing, or specialized treatment. If the differential includes conditions outside your scope or serious conditions that require urgent or advanced care, referral is indicated. It also helps you recognize red flags that prompt escalation even when initial treatment could be managed elsewhere. So, using differential diagnosis to decide when to refer is the most appropriate way to ensure safe and appropriate patient care.

7. What does coding to the 'level of certainty' refer to in physical therapy documentation?
- A. The degree to which the clinical information supports a diagnosis for that encounter.**
  - B. The payer's required level of evidence.
  - C. The therapist's confidence in the CPT code.
  - D. The patient's confidence in the treatment plan.

Coding to the level of certainty means judging how well the documented exam findings and clinical reasoning support the chosen diagnosis for this encounter. The best choice captures that idea: the extent to which the clinical information backs the diagnosis determines how certain the coding is. This matters because a well-supported diagnosis justifies the care provided and the billing, reflecting medical necessity. It's not about payer demands for evidence, nor about the therapist's confidence in the CPT code, nor the patient's confidence in the treatment plan. When certainty is uncertain, document the reasoning, note differential possibilities, and plan follow-up evaluations to solidify the diagnosis as more information becomes available.

8. Which statement about TDD use is true?
- A. TDDs are required for all customers
  - B. TDDs are used by speech-impaired or hearing-impaired individuals**
  - C. TDDs replace televisions
  - D. TDD stands for Telephone Data Device

TDDs enable text-based communication for people who cannot rely on spoken language, such as those who are deaf, hard of hearing, or have speech disabilities, by allowing their messages to be sent over telephone lines. They automate the process of converting typed text into signals that travel over the phone network and then display or print the received text for the other person to read. This makes real-time conversation possible without spoken words. The statement is true because TDDs are specifically designed for accessibility, serving users who need a textual channel rather than voice. They are not required for all customers, they do not replace televisions, and the acronym stands for Telecommunications Device for the Deaf, not Telephone Data Device.

9. In Illinois, can a physical therapist evaluate and treat without a referral?
- A. No, always require referral
  - B. Yes, IL has direct access**
  - C. Only for pediatric patients
  - D. Only for emergency conditions

Direct access means you can start physical therapy without a physician referral. In Illinois, physical therapists are empowered to perform an initial evaluation and begin treatment without a referral, so you can seek care directly for many musculoskeletal concerns. The therapist will screen for red flags and set up a treatment plan, with the understanding that after an initial direct-access period (or if the condition doesn't improve), a referral or medical clearance may be needed to continue care. This arrangement reflects Illinois recognizing direct access as a pathway to obtain PT services without first seeing a doctor.

**10. Which statement describes a Title III requirement?**

- A. Discrimination is allowed in government services**
- B. Discrimination is allowed in places of public accommodation**
- C. Discrimination is prohibited in services, programs, and activities provided or made available by governments, and places of accommodation and commercial facilities must be accessible**
- D. TDD devices are required in all facilities**

Title III centers on access to places of public accommodation and commercial facilities and prohibits discrimination in the services, programs, and activities they offer. The statement chosen emphasizes that discrimination is prohibited in those services and activities and that places of accommodation and commercial facilities must be accessible. That combination captures the core obligation of Title III: ensure nondiscrimination and make private-facing public spaces accessible. Discrimination in government services is addressed by Title II, not Title III, so that part of the statement is not the Title III focus. And requiring TDD devices in all facilities isn't a universal Title III rule; accessibility is achieved through appropriate auxiliary aids and services, not blanket TDD mandates.

## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://adadirectaccess.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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