

AMERICAN ACADEMY OF PROFESSIONAL CODERS (AAPC) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. In the context of SOAP, what does the 'P' signify?**
 - A. Procedure
 - B. Plan
 - C. Priority
 - D. Patient

- 2. What do we call the wrist bones?**
 - A. Carpal
 - B. Metacarpal
 - C. Phalangeal
 - D. Tarsal

- 3. What is indicated by the term Deep in anatomical terminology?**
 - A. Close to the skin
 - B. Further away from the surface
 - C. On the surface
 - D. Toward the center

- 4. What type of professional is typically involved in the treatment of tendonitis?**
 - A. Cardiologist
 - B. Orthopedic surgeon
 - C. Dermatologist
 - D. Neurologist

- 5. What is the ideal recovery period for mild cases of tendonitis?**
 - A. 1 week
 - B. 2-6 weeks
 - C. 6-12 months
 - D. More than a year

- 6. What does the 'S' in SOAP stand for?**
 - A. Status
 - B. Subjective
 - C. Summary
 - D. Study

7. Which symptom is NOT typically associated with tendonitis?

- A. Localized swelling
- B. Severe muscle spasms
- C. Throbbing pain during movement
- D. Stiffness near the joint

8. What is the common symptom associated with tendonitis?

- A. Swelling around the bones
- B. Severe headaches
- C. Joint stiffness
- D. Pain around a tendon

9. Which suffix refers to plastic repair or reconstruction?

- A. -rraphy
- B. -plasty
- C. -stomy
- D. -scope

10. What does the term "intradermal" refer to?

- A. Under the skin
- B. Above the skin
- C. Within the skin
- D. Beneath the skin

Answers

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

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Explanations

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1. In the context of SOAP, what does the 'P' signify?

- A. Procedure
- B. Plan**
- C. Priority
- D. Patient

In the context of SOAP notes, which is a method for documenting patient encounters, the 'P' stands for Plan. This component of the SOAP framework outlines the intended course of action for the patient's treatment. It includes the healthcare provider's recommendations, any follow-up appointments, medications prescribed, tests ordered, and educational information provided to the patient. The Plan section is crucial as it provides a roadmap for the patient's ongoing care based on the assessment and diagnosis made during the visit. Understanding the significance of the Plan is essential for effective communication among healthcare providers and for ensuring continuity of care. It allows for clear expectations and helps to ensure that all members of the healthcare team are aligned in their approach to the patient's treatment.

2. What do we call the wrist bones?

- A. Carpal**
- B. Metacarpal
- C. Phalangeal
- D. Tarsal

The wrist bones are referred to as carpal bones. This term specifically designates the eight small bones located in the wrist area, which form the carpal region and connect the hand to the forearm. These bones are organized in two rows, creating a complex structure that allows for a wide range of motion of the wrist and hand. The other terms refer to different sets of bones in the body. Metacarpal bones are the five long bones located in the middle part of the hand, connecting the carpal bones to the phalanges (fingers). Phalangeal bones refer to the bones of the fingers and toes; each finger consists of three phalanges, except for the thumb, which has two. Tarsal bones are the cluster of seven bones located in the ankle, connecting the foot to the lower leg. Understanding these distinctions is crucial in anatomy and medical coding, particularly when describing injuries or conditions related to specific areas of the skeletal system.

3. What is indicated by the term Deep in anatomical terminology?

- A. Close to the skin
- B. Further away from the surface**
- C. On the surface
- D. Toward the center

In anatomical terminology, the term "deep" is used to describe structures that are situated further away from the surface of the body. This means that when a structure is referred to as deep, it is located beneath other structures, rather than being on or near the skin. For example, muscles located beneath the outer layers of skin are considered deep in relation to the skin's surface. In contrast, terms such as "superficial" would be used to describe structures that are closer to the surface. Understanding these terms helps healthcare professionals accurately describe the relative positions of organs, tissues, and other anatomical features, thus improving communication in clinical settings.

4. What type of professional is typically involved in the treatment of tendonitis?

- A. Cardiologist
- B. Orthopedic surgeon**
- C. Dermatologist
- D. Neurologist

The involvement of an orthopedic surgeon in the treatment of tendonitis is mainly due to their specialized training in musculoskeletal issues, which includes tendon injuries and conditions. Orthopedic surgeons are experts in the diagnosis and surgical and non-surgical treatment of joints, muscles, and bones. Tendonitis, characterized by inflammation or irritation of a tendon, frequently involves musculoskeletal structures, making orthopedic surgeons the primary professionals equipped to manage these conditions effectively. In treating tendonitis, orthopedic surgeons evaluate the severity of the condition, recommend appropriate imaging if needed, and develop a treatment plan that may include physical therapy, medication, and, in more severe cases, surgery. Their expertise enables them to address the underlying causes and provide comprehensive care, which is vital for restoring function and alleviating pain for patients suffering from this condition.

5. What is the ideal recovery period for mild cases of tendonitis?

- A. 1 week
- B. 2-6 weeks**
- C. 6-12 months
- D. More than a year

The ideal recovery period for mild cases of tendonitis typically ranges from 2 to 6 weeks. This duration allows sufficient time for inflammation and pain associated with the condition to subside, while also permitting gradual rehabilitation and strengthening of the affected tendon. In mild cases, individuals can often engage in gentle stretching and strengthening exercises as they recover, promoting a successful return to normal activities. Recovery times can vary based on several factors, including individual health, the specific tendon affected, adherence to treatment protocols, and any underlying conditions. Longer recovery times, as suggested in some other options, are generally associated with more severe cases of tendonitis or other complications requiring a different management approach. Thus, the range of 2 to 6 weeks is typically seen as appropriate for mild cases, aligning with common clinical guidelines for this condition.

6. What does the 'S' in SOAP stand for?

- A. Status
- B. Subjective**
- C. Summary
- D. Study

The 'S' in SOAP stands for Subjective. In the SOAP format, which is commonly used in medical documentation, the Subjective section includes information that the patient reports regarding their condition. This may include symptoms, feelings, and personal perspectives about their health, provided in their own words. This information is crucial for healthcare providers to understand the patient's experience and perspective, which aids in diagnosing and planning treatment. By capturing subjective data, healthcare professionals can establish a well-rounded view of the patient's health, complementing the objective findings (which involve measurable data and observations made by the provider) and the assessment and plan sections of the SOAP note. Understanding the subjective nature of this component is fundamental for practitioners in effectively communicating and documenting patient care.

7. Which symptom is NOT typically associated with tendonitis?

- A. Localized swelling
- B. Severe muscle spasms**
- C. Throbbing pain during movement
- D. Stiffness near the joint

Tendonitis is primarily characterized by inflammation of a tendon, which leads to several common symptoms. Localized swelling occurs at the site of the affected tendon as the body responds to the injury. Throbbing pain during movement is also a hallmark symptom, as the movement exacerbates the inflammation. Stiffness near the joint can occur due to the tendon being affected by inflammation and the surrounding structures also reacting to this irritation. Severe muscle spasms, however, are not typical of tendonitis. While muscle spasms can occur in a variety of musculoskeletal conditions, they are more often associated with muscle injuries or strains rather than with tendon injuries. Tendonitis tends to result in pain that is sharp or achy rather than a spasm of the surrounding muscle tissue. This distinction is important, as it helps clarify the nature of tendonitis and the specific symptoms one might expect when diagnosing and treating this condition.

8. What is the common symptom associated with tendonitis?

- A. Swelling around the bones
- B. Severe headaches
- C. Joint stiffness
- D. Pain around a tendon**

Tendonitis is an inflammatory condition that typically affects the tendons, which are the fibrous tissues connecting muscles to bones. The hallmark symptom of tendonitis is pain around the affected tendon, often exacerbated by movement or activity that stresses the tendon. This pain can vary in intensity and may be accompanied by tenderness when pressing on the tendon area. While joint stiffness and swelling can occur in various musculoskeletal conditions, they are not specific indicators of tendonitis. Joint stiffness is more commonly associated with conditions like arthritis, and swelling around the bones might suggest a more systemic issue or injury. Severe headaches are unrelated to tendonitis and could signal a completely different type of medical concern. Therefore, identifying pain specifically around a tendon is the most indicative symptom of this condition, making it the correct answer.

9. Which suffix refers to plastic repair or reconstruction?

- A. -rraphy
- B. -plasty**
- C. -stomy
- D. -scope

The suffix that refers to plastic repair or reconstruction is -plasty. This term is derived from the Greek word "plastos," meaning molded or formed, and is commonly used in medical terminology to indicate surgical procedures that involve reshaping, repairing, or reconstructing a part of the body. For instance, rhinoplasty is a surgical procedure that reshapes the nose, while angioplasty involves the repair or reconstruction of blood vessels. This demonstrates the application of the suffix in various surgical contexts, highlighting its significance in the field of medicine. Other suffixes serve different purposes: -rraphy refers to suturing, -stomy indicates creating an opening, and -scope pertains to visual inspection or instrument used for viewing. Thus, -plasty specifically denotes the process associated with plastic repair or reconstruction, making it the correct choice.

10. What does the term "intradermal" refer to?

- A. Under the skin
- B. Above the skin
- C. Within the skin**
- D. Beneath the skin

The term "intradermal" specifically refers to something that occurs within the skin, particularly within the dermis layer. The dermis is situated between the epidermis (the outer layer of skin) and the subcutaneous tissue (the layer beneath the skin). In medical practice, intradermal procedures often involve the administration of substances, such as vaccines or allergy tests, directly into this middle layer of skin. This method allows for a targeted response and is often used to assess a localized reaction, which is essential for evaluations like tuberculin skin tests. Understanding this term helps clarify how certain medical procedures are performed and the anatomical context in which they take place.

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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.

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

<https://aapc-practice.examzify.com>

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

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