

Certified Rehabilitation Technician Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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. What is the purpose of due diligence in a healthcare setting?**
 - A. To maximize patient satisfaction**
 - B. To avoid harming patients and staff**
 - C. To ensure financial accountability**
 - D. To provide excessive treatment options**

- 2. What is the medical term for high blood pressure?**
 - A. Hypotension**
 - B. Hypertension**
 - C. Bradycardia**
 - D. Tachycardia**

- 3. Which of the following groups is protected under the Good Samaritan Law?**
 - A. Only professional first responders**
 - B. Individuals providing first aid without formal training**
 - C. Healthcare workers rendering emergency aid**
 - D. People offering assistance in non-medical emergencies**

- 4. Why is maintaining patient confidentiality essential in rehabilitation settings?**
 - A. To ensure doctors are well-informed**
 - B. To protect patient privacy and comply with legal regulations**
 - C. To expedite the treatment process**
 - D. To limit access to electronic records**

- 5. What is Guillaine Barr Syndrome primarily associated with?**
 - A. Cardiovascular diseases**
 - B. Acute infectious disease of the peripheral nervous system**
 - C. Neurological degeneration**
 - D. Muscle atrophy**

6. What is gait training?

- A. A method used exclusively for arm rehabilitation**
- B. A rehabilitation technique aimed at improving walking pattern and mobility**
- C. A technique to enhance flexibility in patients**
- D. A therapeutic method that focuses on balance exercises**

7. What does confidentiality ensure?

- A. Public access to patient information**
- B. Information is held in confidence**
- C. Full disclosure of medical practices**
- D. Sharing of information with relatives**

8. Why is interdisciplinary collaboration crucial in rehabilitation settings?

- A. It streamlines the insurance approval process**
- B. It ensures comprehensive care that addresses all aspects of a patient's needs**
- C. It reduces the overall cost of rehabilitation**
- D. It allows for faster patient discharge**

9. In the context of rehabilitation, what does a "therapeutic relationship" refer to?

- A. A casual friendship between patient and technician**
- B. A supportive and trusting professional bond between the technician and the patient**
- C. A formal contract outlining treatment goals**
- D. An evaluative measure of patient progress**

10. Which action describes assault in a healthcare context?

- A. Providing care without permission**
- B. Attempting to inflict bodily harm**
- C. Refusing treatment based on personal beliefs**
- D. Failing to document patient care**

Answers

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

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Explanations

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1. What is the purpose of due diligence in a healthcare setting?

- A. To maximize patient satisfaction
- B. To avoid harming patients and staff**
- C. To ensure financial accountability
- D. To provide excessive treatment options

The purpose of due diligence in a healthcare setting primarily focuses on ensuring the safety and well-being of patients and staff. It involves taking the necessary precautions to minimize risks, manage potential liabilities, and uphold ethical standards in patient care. By adhering to practices of due diligence, healthcare professionals can identify and mitigate hazards, ensure compliance with regulations, and maintain a safe environment for both patients and employees. This commitment to safety ultimately contributes to improved overall care quality and reduced incidents of harm. Maximizing patient satisfaction, ensuring financial accountability, or providing excessive treatment options may be important goals in healthcare; however, they are not the primary focus of due diligence. Due diligence specifically aims at preventing harm, which is fundamental to the core principles of healthcare practices.

2. What is the medical term for high blood pressure?

- A. Hypotension
- B. Hypertension**
- C. Bradycardia
- D. Tachycardia

Hypertension is the medical term used to describe high blood pressure. This condition occurs when the force of blood against the walls of the arteries is consistently too high, leading to increased risk of heart disease, stroke, and other serious health problems. Blood pressure is typically expressed as two numbers: systolic (the pressure when the heart beats) over diastolic (the pressure when the heart rests between beats). When these values are elevated beyond normal ranges, healthcare professionals diagnose hypertension. Understanding this condition is essential, as managing hypertension often involves lifestyle changes and sometimes medication to prevent the associated health risks. In contrast, the other terms refer to different medical conditions: hypotension indicates low blood pressure, bradycardia refers to a slower than normal heart rate, and tachycardia indicates a faster than normal heart rate. Each of these conditions has its own implications and concerns, clearly distinguishing them from hypertension, which specifically addresses elevated blood pressure levels.

3. Which of the following groups is protected under the Good Samaritan Law?

- A. Only professional first responders**
- B. Individuals providing first aid without formal training**
- C. Healthcare workers rendering emergency aid**
- D. People offering assistance in non-medical emergencies**

The Good Samaritan Law is designed to encourage individuals to provide assistance in emergency situations by offering legal protection to those who help, provided that their actions are reasonable and intended to help. While healthcare workers rendering emergency aid do fall under the protection of the Good Samaritan Law, the law often extends beyond just professionals to include laypersons who offer assistance in emergencies. Individuals providing first aid without formal training and people offering assistance in non-medical emergencies can also be protected by the Good Samaritan Law, as the intention of the law is to prevent legal repercussions for anyone trying to assist those in need during emergencies. This encourages a community response to emergencies and recognizes that help can come from various individuals, not solely healthcare professionals. Therefore, while healthcare workers are indeed a significant group protected under the law, the broader scope encompasses others as well, underscoring the law's objective of promoting safety and compassion in urgent situations.

4. Why is maintaining patient confidentiality essential in rehabilitation settings?

- A. To ensure doctors are well-informed**
- B. To protect patient privacy and comply with legal regulations**
- C. To expedite the treatment process**
- D. To limit access to electronic records**

Maintaining patient confidentiality is essential in rehabilitation settings primarily to protect patient privacy and comply with legal regulations. This practice is rooted in ethical standards and legal frameworks that safeguard individual health information. Respecting confidentiality fosters a trusting relationship between patients and healthcare providers, encouraging open communication. Patients are more likely to share sensitive details when they are assured that their information will be kept confidential, which is crucial for accurate assessment and effective treatment. In addition to ethical considerations, legal regulations such as the Health Insurance Portability and Accountability Act (HIPAA) in the United States outline strict guidelines for handling patient information. Violating these regulations can result in severe penalties for healthcare providers and institutions. While being informed and expediting treatment can be important in healthcare delivery, they do not override the necessity of confidentiality. Access to electronic records is also important for workflow but is governed by the same principles of confidentiality to ensure that only authorized individuals can access sensitive information. Thus, the focus on patient confidentiality is fundamental to the integrity and quality of care in rehabilitation settings.

5. What is Guillaine Barr Syndrome primarily associated with?

- A. Cardiovascular diseases
- B. Acute infectious disease of the peripheral nervous system**
- C. Neurological degeneration
- D. Muscle atrophy

Guillain-Barré Syndrome (GBS) is primarily associated with an acute infectious disease of the peripheral nervous system. This autoimmune condition typically follows an infection and leads to the body's immune system mistakenly attacking the peripheral nervous system, resulting in weakness, numbness, and sometimes paralysis. The syndrome often presents after a person has experienced a respiratory or gastrointestinal infection, such as those caused by the bacteria *Campylobacter jejuni* or viruses like cytomegalovirus or Epstein-Barr virus. The hallmark of GBS is the rapid onset of muscle weakness and loss of reflexes, which can escalate to more severe symptoms. Understanding this connection to infectious diseases is crucial for recognizing the early signs and symptoms of GBS, as timely diagnosis and treatment can greatly influence patient recovery. Other options, while related to different conditions, do not accurately define or describe the primary association of Guillain-Barré Syndrome.

6. What is gait training?

- A. A method used exclusively for arm rehabilitation
- B. A rehabilitation technique aimed at improving walking pattern and mobility**
- C. A technique to enhance flexibility in patients
- D. A therapeutic method that focuses on balance exercises

Gait training refers to a specific rehabilitation approach focused on improving an individual's walking pattern and overall mobility. It involves various exercises and techniques designed to enhance the mechanics of walking, making it more efficient and stable. This type of training can be crucial for patients recovering from injury, surgery, or dealing with conditions that affect their ability to walk. The essence of gait training lies in its tailored approach to developing a patient's ability to walk with a proper pattern, which may include activities to strengthen the muscles involved in ambulation, improve coordination, and increase confidence while walking. Techniques such as using assistive devices or practicing walking on different surfaces are often incorporated into gait training sessions. While options that reference arm rehabilitation, flexibility, or balance exercises are important aspects of physical therapy, they do not capture the primary aim of gait training, which is the enhancement of walking abilities specifically.

7. What does confidentiality ensure?

- A. Public access to patient information**
- B. Information is held in confidence**
- C. Full disclosure of medical practices**
- D. Sharing of information with relatives**

Confidentiality ensures that sensitive patient information is held in confidence, protecting it from unauthorized access and disclosure. This principle is fundamental in healthcare because it helps to maintain trust between patients and healthcare providers. When patients know that their information will be kept private, they are more likely to share personal details that are crucial for their care. This trust is essential for effective diagnosis and treatment. Holding information in confidence also aligns with legal and ethical standards, such as those established by the Health Insurance Portability and Accountability Act (HIPAA) in the United States, which mandates the protection of personal health information. Confidentiality reinforces the commitment of healthcare professionals to respect the privacy rights of individuals, thereby creating a safe environment for patients to seek care and discuss their health concerns without fear of exposure.

8. Why is interdisciplinary collaboration crucial in rehabilitation settings?

- A. It streamlines the insurance approval process**
- B. It ensures comprehensive care that addresses all aspects of a patient's needs**
- C. It reduces the overall cost of rehabilitation**
- D. It allows for faster patient discharge**

Interdisciplinary collaboration is fundamental in rehabilitation settings because it ensures comprehensive care that addresses all aspects of a patient's needs. Each member of the rehabilitation team, including physical therapists, occupational therapists, speech therapists, social workers, and medical professionals, brings unique expertise to the table. This diversity allows the team to consider the multiple dimensions of a patient's rehabilitation, which can include physical, emotional, cognitive, and social factors. By working together, team members can develop a holistic care plan tailored to the individual, fostering effective communication and coordination in treatment, which ultimately leads to better patient outcomes. This collaborative approach also helps identify any potential barriers to recovery and addresses them proactively, ensuring that the patient receives well-rounded support throughout their rehabilitation journey. While the other options touch upon aspects that may result from effective collaboration, such as streamlined processes or cost reduction, the primary strength of interdisciplinary teamwork lies in its ability to provide comprehensive and coordinated care that is essential for successful rehabilitation.

9. In the context of rehabilitation, what does a "therapeutic relationship" refer to?

- A. A casual friendship between patient and technician**
- B. A supportive and trusting professional bond between the technician and the patient**
- C. A formal contract outlining treatment goals**
- D. An evaluative measure of patient progress**

A "therapeutic relationship" in rehabilitation refers specifically to a supportive and trusting professional bond between the technician and the patient. This type of relationship is crucial for effective rehabilitation, as it fosters open communication, encourages patient engagement, and facilitates a sense of safety and trust. A strong therapeutic relationship can enhance motivation, improve adherence to treatment plans, and promote a positive outlook, all of which are vital components to successful rehabilitation outcomes. In contrast, a casual friendship does not provide the necessary structure or professionalism required in a therapeutic setting. A formal contract outlining treatment goals, while important for delineating responsibilities and expectations, does not embody the emotional and relational aspects that are integral to a therapeutic relationship. Similarly, an evaluative measure of patient progress is more focused on outcomes and assessments rather than on the holistic interpersonal connection that helps drive those outcomes. Thus, the emphasis in rehabilitation is on building a relationship that supports and nurtures the patient's journey through recovery.

10. Which action describes assault in a healthcare context?

- A. Providing care without permission**
- B. Attempting to inflict bodily harm**
- C. Refusing treatment based on personal beliefs**
- D. Failing to document patient care**

In the healthcare context, assault involves the intentional act of attempting to inflict bodily harm on a patient. This means that the perpetrator has the intention to cause physical injury or instill fear of such an injury in the patient. It's important to note that assault doesn't necessarily require physical contact; the threat or attempt itself can suffice. This aligns with the principles of patient safety and ethical practice within healthcare, where practitioners must respect the physical and psychological well-being of their patients. Therefore, option B accurately captures the essence of what constitutes assault in a medical setting, highlighting the potential for harm, whether it be physical or emotional. Other actions, while potentially problematic, do not fit the definition of assault. Providing care without permission is more closely related to issues of consent and may involve legal consequences, but does not inherently involve the intent to cause harm. Refusing treatment based on personal beliefs speaks to ethical considerations and patient autonomy. Failing to document patient care pertains to professional accountability and record-keeping, rather than any form of assault. Hence, the distinction lies in the nature of the action and the intent behind it, which is clearly illustrated in option B.

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://rehabilitationtech.examzify.com>

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

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