

Certified Rehabilitation Technician 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. What are values in a professional context?**
 - A. Temporary preferences
 - B. Abstract ideals guiding behavior across situations
 - C. Specific rules to follow in practice
 - D. Financial incentives
- 2. What condition is particularly noted for affecting women more frequently than men in their 20s to 50s?**
 - A. Rheumatoid arthritis
 - B. Myasthenia gravis
 - C. Osteoarthritis
 - D. Contracture
- 3. What is libel?**
 - A. Verbal abuse of an individual
 - B. Attacking a person's reputation in written form
 - C. Misinformation shared among colleagues
 - D. Providing confidential information to unauthorized parties
- 4. What is an HMO?**
 - A. A type of medical procedure
 - B. A specific medication category
 - C. A health maintenance organization
 - D. A type of patient care plan
- 5. What does the suffix "-ology" refer to?**
 - A. The study of specific diseases
 - B. The study of human anatomy
 - C. The study of a specific field
 - D. The study of psychological disorders
- 6. What is the primary role of a rehabilitation technician in a clinical setting?**
 - A. To manage administrative tasks
 - B. To assist rehabilitation professionals in providing therapy services
 - C. To diagnose medical conditions
 - D. To conduct patient evaluations

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. What is primarily managed by the frontal lobe?

- A. Sensation
- B. Movement and judgment
- C. Hearing
- D. Vision

9. What is the primary function of a tendon in the human body?

- A. Connecting bone to bone
- B. Connecting muscle to muscle
- C. Connecting muscle to bone
- D. Connecting skin to muscle

10. What is the meaning of "slander" in a legal context?

- A. A written defamation
- B. Defamation in oral form
- C. A form of civil harassment
- D. A type of intentional infliction of emotional distress

Answers

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

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Explanations

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1. What are values in a professional context?

- A. Temporary preferences
- B. Abstract ideals guiding behavior across situations**
- C. Specific rules to follow in practice
- D. Financial incentives

In a professional context, values are understood as abstract ideals that guide behavior across various situations. These values represent the fundamental beliefs and principles that influence an individual's actions, decisions, and interactions in the workplace. They serve as a compass, helping professionals navigate ethical dilemmas, establish priorities, and maintain standards of practice. Values are typically enduring and consistent, shaping how a person approaches their work and engages with colleagues, clients, and the broader community. In contrast to temporary preferences, which may change frequently based on circumstances, values provide a stable framework that informs long-term behavior and decision-making. While specific rules provide guidelines for practice and financial incentives may motivate performance, they do not encompass the broader, overarching ideals that are encapsulated in professional values. Hence, the distinction is important as values define the ethical and moral underpinnings of professional behavior, fostering an environment of trust and integrity within a profession.

2. What condition is particularly noted for affecting women more frequently than men in their 20s to 50s?

- A. Rheumatoid arthritis
- B. Myasthenia gravis**
- C. Osteoarthritis
- D. Contracture

Rheumatoid arthritis is particularly noted for affecting women more frequently than men, especially in the age range of 20s to 50s. This autoimmune disease primarily impacts joints, leading to inflammation, pain, and potential joint damage. The reason it is more prevalent in women is believed to be linked to hormonal factors and genetic predispositions. Women are approximately three times more likely to develop rheumatoid arthritis than men, especially during their reproductive years. The chronic nature of this condition often requires long-term management strategies to help alleviate symptoms and improve quality of life. While myasthenia gravis can also affect women more frequently than men, it is not as prevalent in this age group as rheumatoid arthritis. Osteoarthritis tends to affect individuals later in life and is influenced by factors such as age and wear-and-tear on joints rather than being distinctly more common in younger females. Contracture is a condition that can develop due to various factors but does not specifically have a gender or age bias like rheumatoid arthritis does. Therefore, the focus on rheumatoid arthritis highlights its significant impact on women within the specified age range.

3. What is libel?

- A. Verbal abuse of an individual
- B. Attacking a person's reputation in written form**
- C. Misinformation shared among colleagues
- D. Providing confidential information to unauthorized parties

Libel refers specifically to the act of damaging someone's reputation through false statements that are expressed in a fixed medium, primarily written form. This can include anything from printed articles and books to online posts and social media content. The key element that distinguishes libel from other forms of defamation is that it involves a permanent representation of the damaging statement, which can be preserved and accessed by others, thus amplifying the potential harm to an individual's reputation. Understanding libel is important, especially in legal contexts, as it can lead to serious repercussions for the party making the false statement. The focus is on how the written word can unjustly target and harm a person's character, thus making option B the accurate definition. Other choices pertain to different concepts, such as verbal abuse or confidentiality breaches, which do not encompass the nature of libel specifically centered on written slander.

4. What is an HMO?

- A. A type of medical procedure
- B. A specific medication category
- C. A health maintenance organization**
- D. A type of patient care plan

An HMO, or Health Maintenance Organization, is a type of managed care organization that provides health insurance coverage for a broader range of medical services to its members. The primary feature of an HMO is that it encourages preventive care and wellness strategies while requiring members to use a network of doctors, hospitals, and other healthcare providers. In an HMO, members typically select a primary care physician (PCP) who coordinates their healthcare and refers them to specialists as needed. This model aims to promote healthcare efficiency and cost-effectiveness, making it an attractive option for many individuals seeking comprehensive coverage. Understanding the context of other options highlights why they do not fit the definition of an HMO. A type of medical procedure refers to individual actions taken in medical treatment, while a specific medication category denotes classifications of drugs based on their uses or properties. A type of patient care plan suggests a structured approach to managing individual patient care but does not encompass the organizational framework and preventive focus that characterize an HMO.

5. What does the suffix "-ology" refer to?

- A. The study of specific diseases
- B. The study of human anatomy
- C. The study of a specific field**
- D. The study of psychological disorders

The suffix "-ology" is derived from the Greek word "logia," which means "the study of." It is used to denote a field of study or a branch of knowledge. In this context, the correct answer indicates that "-ology" refers broadly to the study of a specific field, encompassing a wide range of disciplines such as biology (the study of life), geology (the study of the Earth), and many others. When examining other potential meanings of this suffix, options such as the study of specific diseases or the study of psychological disorders provide narrower interpretations. These fields (like pathology and psychology, respectively) certainly have their own "-ology" terms, but they are subsets within the broader concept of specific fields of study. Therefore, the correct answer reflects the general usage and meaning of the suffix "-ology" rather than a limited application.

6. What is the primary role of a rehabilitation technician in a clinical setting?

- A. To manage administrative tasks
- B. To assist rehabilitation professionals in providing therapy services**
- C. To diagnose medical conditions
- D. To conduct patient evaluations

The primary role of a rehabilitation technician in a clinical setting is to assist rehabilitation professionals in providing therapy services. This involves working closely with physical therapists, occupational therapists, and other healthcare providers to facilitate patient care and support rehabilitation programs. The technician may help prepare patients for therapy sessions, assist in the implementation of treatment plans, and provide direct support during therapeutic exercises. This support is crucial for enhancing the effectiveness of the therapy and ensuring that patients receive appropriate care tailored to their individual needs. In contrast, managing administrative tasks, diagnosing medical conditions, and conducting patient evaluations, while important functions in a healthcare setting, fall outside the specific scope of a rehabilitation technician's role. Administrative tasks are typically handled by office staff or administrative personnel. The responsibilities of diagnosing medical conditions and conducting patient evaluations are reserved for licensed healthcare professionals, such as physicians or therapists, who have the necessary training and authority to perform these tasks.

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. What is primarily managed by the frontal lobe?

- A. Sensation
- B. Movement and judgment**
- C. Hearing
- D. Vision

The frontal lobe plays a key role in managing movement and judgment due to its position at the front of the brain. It is responsible for the planning, initiation, and control of voluntary movements, which are essential for daily activities and motor function. The motor cortex, located in the frontal lobe, directly influences muscular activities. In addition to movement, the frontal lobe is also critical for higher cognitive functions, such as judgment, decision-making, problem-solving, and impulse control. It helps in assessing situations, considering consequences, and adapting behavior based on past experiences. Thus, the frontal lobe's dual focus on movement coordination and the management of judgment underscores its vital role in both physical action and cognitive processing. This makes it a central hub for not just executing movements, but also for navigating complex social and environmental interactions based on the ability to make sound decisions.

9. What is the primary function of a tendon in the human body?

- A. Connecting bone to bone
- B. Connecting muscle to muscle
- C. Connecting muscle to bone**
- D. Connecting skin to muscle

Tendons play a crucial role in connecting muscle to bone, which is their primary function. When a muscle contracts, it pulls on the tendon, which then transmits this force to the bone, leading to movement at the joint. This relationship is essential for facilitating movement and providing stability in the musculoskeletal system. Tendons are made of strong connective tissue that can withstand tension, making them highly effective in their supportive role in locomotion and posture. Understanding how tendons function helps to appreciate their importance in physical activity and rehabilitation processes, particularly in restoring mobility after injury. The other options reflect different types of connective structures in the body. For example, ligaments connect bone to bone and help stabilize joints, while the connection between muscles involves different structures, such as fascia. The role of the skin is entirely separate from the functions of tendons, as it serves as a protective barrier for the body. Each of these structures contributes to the body's overall movement and stability, but only tendons have the specific role of linking muscle to bone.

10. What is the meaning of "slander" in a legal context?

- A. A written defamation
- B. Defamation in oral form**
- C. A form of civil harassment
- D. A type of intentional infliction of emotional distress

In a legal context, "slander" specifically refers to defamation that is expressed in an oral form. This means that slander involves making false and harmful statements about someone that are spoken rather than written. To prove slander in court, the plaintiff must typically demonstrate that the statement was made to a third party, that it was false, and that it caused harm to their reputation. Understanding slander is crucial for recognizing the difference between oral and written defamation; the latter is termed "libel." Because slander is spoken, it often requires evidence of the statement's impact, which can be more challenging to prove than with written defamation, where documents can serve as tangible proof. This distinction emphasizes the importance of communication methods in legal contexts, particularly concerning reputation and personal harm.

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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