

CPMA Physical Therapy (PT) 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. Product 1 (diagnosis) of the PT-CPMS identifies what?**
 - A. The limits of the physical examination**
 - B. The best therapeutic intervention**
 - C. The likely progression of disease**
 - D. The patient's preferences**

- 2. When addressing patient expectations, which practice supports aligning therapy with the patient's goals?**
 - A. Understand pt's goals**
 - B. Avoid promises & fix-it language**
 - C. Delineate PT and pt roles and responsibility**
 - D. Negotiate realistic time and performance expectations**

- 3. Which of the following is a common impairment diagnosis included in Product 1 (diagnosis) of the PT-CPMS?**
 - A. Motor function impairment**
 - B. Visual acuity impairment**
 - C. Olfactory impairment**
 - D. Taste impairment**

- 4. Ceiling effect in prognosis refers to which concept?**
 - A. The maximum achievable recovery due to interdependent factors**
 - B. The floor effect**
 - C. A plateau in progress without limit**
 - D. No relation to prognosis**

- 5. Which of the following is a common impairment diagnosis included in Product 1 (diagnosis) of the PT-CPMS?**
 - A. Postural impairment**
 - B. Pain**
 - C. Fatigue**
 - D. Sleep disturbance**

- 6. Which of the following is a common impairment diagnosis included in Product 1 (diagnosis) of the PT-CPMS?**
- A. Muscle performance impairment**
 - B. Endurance impairment**
 - C. Sleep impairment**
 - D. Pain intensity**
- 7. What is PY-CISE in relation to PT-CISE?**
- A. A patient case template developed to facilitate cross-disciplinary communication**
 - B. A pediatric version of the PT-CISE**
 - C. A hardware device**
 - D. A scoring tool**
- 8. What is Product 2 of the PT-CPMS?**
- A. Evaluation**
 - B. Assessment**
 - C. Intervention**
 - D. Prognosis**
- 9. When documenting prognosis, the short- and long-term goals of treatment should be set so that the prognosis for reaching them is what?**
- A. Poor**
 - B. Good**
 - C. Fair**
 - D. Excellent**
- 10. Process 4 of the PT-CPMS is?**
- A. Prognosis**
 - B. Diagnosis**
 - C. Intervention**
 - D. Documentation**

Answers

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

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Explanations

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1. Product 1 (diagnosis) of the PT-CPMS identifies what?

A. The limits of the physical examination

B. The best therapeutic intervention

C. The likely progression of disease

D. The patient's preferences

The main idea is that the diagnosis step in PT-CPMS sets the scope of what the examination findings actually support. It identifies the boundaries of what can be concluded from the physical assessment—what the current data confirm about the patient's problem and what remains uncertain or outside the exam's reach. This framing helps guide what further tests, referrals, or re-evaluation might be needed. It's not about choosing a therapy, predicting the illness trajectory, or recording what matters to the patient in terms of preferences, which belong to other parts of the care process. In short, this diagnosis step anchors the clinical problem to the assessment results and marks the limits of what those results can tell us at this point.

2. When addressing patient expectations, which practice supports aligning therapy with the patient's goals?

A. Understand pt's goals

B. Avoid promises & fix-it language

C. Delineate PT and pt roles and responsibility

D. Negotiate realistic time and performance expectations

Understanding patient goals is the key to making therapy meaningful and relevant. When you actively elicit and grasp what the patient wants to achieve—whether it's returning to a hobby, playing with grandchildren, or getting back to work—you can tailor the plan of care to those exact activities. This alignment ensures every intervention directly supports what matters to them, creating a clear purpose for each exercise and progression. It also boosts motivation, engagement, and adherence because the patient sees how progress translates into real-life goals. Of course, other practices support good care—like avoiding promises or fix-it language to keep expectations realistic, clarifying roles and responsibilities between clinician and patient, and negotiating feasible timelines and benchmarks. But without first understanding the patient's goals, the therapy may miss what the patient values most, making adherence and outcomes more challenging.

3. Which of the following is a common impairment diagnosis included in Product 1 (diagnosis) of the PT-CPMS?

A. Motor function impairment

B. Visual acuity impairment

C. Olfactory impairment

D. Taste impairment

The main idea here is that physical therapy centers on movement and how impaired motor function affects function. A motor function impairment is a typical and central impairment diagnosis for PT evaluations because it directly reflects limitations in strength, coordination, balance, ROM, and movement patterns that PTs work to improve to restore daily function. Visual acuity impairment relates to sight and would be managed by eye specialists; olfactory impairment involves smell, and taste impairment involves gustation—neither is a standard PT impairment focus in Product 1 diagnoses. They may appear in broader neurological or medical assessments, but they don't align with the core PT aim of restoring movement and functional mobility. So, motor function impairment is the best fit for a common PT-CPMS Product 1 diagnosis.

4. Ceiling effect in prognosis refers to which concept?

A. The maximum achievable recovery due to interdependent factors

B. The floor effect

C. A plateau in progress without limit

D. No relation to prognosis

The ceiling effect in prognosis means there is an upper limit to how much recovery is realistically achievable, set by interdependent biological and functional factors. In rehabilitation, outcomes are measured on scales, and when a patient approaches the top end or when factors such as age, comorbidities, and neural recovery potential cap further gains, progress appears to stall at that ceiling. This limits how much prognosis can anticipate improvement, because you've hit an upper boundary. It's different from a floor effect, which is about the lower limit of detectable change, and not from a plateau described as having no limit—real limits do exist. Being aware of a ceiling helps clinicians set realistic goals and interpret prognosis accordingly.

5. Which of the following is a common impairment diagnosis included in Product 1 (diagnosis) of the PT-CPMS?

A. Postural impairment

B. Pain

C. Fatigue

D. Sleep disturbance

Postural impairment is the type of physical deficit PTs most commonly target early in care because it directly reflects alignment and movement mechanics that can be objectively assessed and consistently improved with therapy. In Product 1 (diagnosis) of the PT-CPMS, the focus is on a modifiable impairment that guides initial treatment planning. A postural impairment provides a clear, actionable deficit—things like pelvic tilt, spinal alignment, and shoulder girdle positioning—that you can measure, monitor, and address with specific interventions such as neuromuscular re-education, stretching, and strengthening to improve posture and function. Pain, fatigue, and sleep disturbance, while important symptoms and factors in a patient's overall condition, are more about symptom burden or systemic issues rather than a discrete impairment of movement or structure that PTs typically codify in this particular diagnostic product. Hence, postural impairment best fits as the common impairment diagnosis in Product 1.

6. Which of the following is a common impairment diagnosis included in Product 1 (diagnosis) of the PT-CPMS?

A. Muscle performance impairment

B. Endurance impairment

C. Sleep impairment

D. Pain intensity

Muscle performance impairment is the best fit because impairment diagnoses in PT documentation focus on deficits in how the muscles function. Deficits in strength, power, or coordination directly limit activity and are core targets for PT treatment, making muscle performance impairment a common, routinely coded impairment in Product 1. Endurance impairment relates more to sustained activity capacity and can be addressed in different domains; sleep impairment isn't typically categorized as a PT impairment diagnosis, and pain intensity describes how much pain someone feels rather than a deficit in muscle function. So the muscle performance impairment choice aligns best with how Product 1 structures impairment diagnoses and guides interventions like strengthening and motor control.

7. What is PY-CISE in relation to PT-CISE?

- A. A patient case template developed to facilitate cross-disciplinary communication**
- B. A pediatric version of the PT-CISE**
- C. A hardware device**
- D. A scoring tool**

PY-CISE is a patient case template designed to facilitate cross-disciplinary communication within the PT-CISE framework. In multidisciplinary care, having a consistent, concise way to present a patient's information helps therapists, physicians, nurses, and other team members quickly understand the case and collaborate effectively. The template organizes essential details like patient identifiers, presenting problems, relevant history, examination findings, functional goals, and planned interventions in a standardized format, so everyone is on the same page during handoffs, rounds, and care planning. This isn't a pediatric-specific version, a hardware device, or a scoring tool—the value lies in providing a clear, shared structure for communicating patient information across disciplines.

8. What is Product 2 of the PT-CPMS?

- A. Evaluation**
- B. Assessment**
- C. Intervention**
- D. Prognosis**

Intervention is the hands-on work that translates findings into action to improve the patient's function. After the initial exam identifies problems and a prognosis helps predict outcome, the therapist selects and carries out treatment actions designed to address those impairments. These actions include therapeutic exercises, manual techniques, functional training, modalities, and patient education, all aimed at reducing symptoms and increasing activity tolerance and independence. This focus on applying specific, targeted treatment is what makes Intervention the appropriate choice for Product 2. Evaluation is about gathering information to understand the patient's status, prognosis involves forecasting likely outcomes and timelines, and Assessment (in some contexts) refers to interpreting data or progress rather than delivering the treatment itself. The actual treatment actions—the implemented plan of care—fit Intervention best.

9. When documenting prognosis, the short- and long-term goals of treatment should be set so that the prognosis for reaching them is what?

- A. Poor**
- B. Good**
- C. Fair**
- D. Excellent**

Prognosis in PT documentation is a forecast of how likely it is that the patient will reach the set goals with the planned treatment. Because you want the goals to be challenging yet attainable, you aim for a prognosis that reflects a high—but realistic—chance of success. Saying the prognosis is good communicates that the goals are reachable with appropriate therapy, patient engagement, and time, without implying certainty beyond what the evidence and plan support. It also helps justify the care plan to patients and payers and guides how intensive and how long the treatment should be. Choosing something like excellent would imply near-certainty, which may not be realistic given variables like adherence, comorbidities, or fluctuating symptoms. Poor or fair would undersell what the plan realistically can achieve and could undermine motivation and the justification for continued care. So a good prognosis sits in a balanced place: optimistic about meaningful progress while acknowledging that success depends on the prescribed interventions and the patient's participation.

10. Process 4 of the PT-CPMS is?

- A. Prognosis**
- B. Diagnosis**
- C. Intervention**
- D. Documentation**

In physical therapy, estimating prognosis is about forecasting how much and how quickly a patient can improve with the planned treatment. This step looks at the diagnosis, the patient's overall health and factors like motivation and support, and then predicts the likely course of recovery if the prescribed interventions are followed. This prognosis guides the plan of care: setting realistic goals, deciding how often and how long therapy will be needed, and determining the needed home program and resources. It's the bridge between knowing what's wrong (the diagnosis) and taking action (the intervention). Documentation records the results and progress along the way, while the intervention is the work you actually perform.

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://ptcpma.examzify.com>

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

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