

# EDAPT ALTERED MOBILITY PRACTICE TEST (SAMPLE)

## STUDY GUIDE



## SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

<https://edaptalteredmobility.examzify.com>



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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 |

SAMPLE

# 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 a key outcome measure for assessing mobility improvement?**
  - A. The Timed Up and Go (TUG) test
  - B. The Functional Reach Test
  - C. The Berg Balance Scale
  - D. The Chair Stand Test
  
- 2. Which benefit is most associated with receiving continuous feedback from patients in rehabilitation?**
  - A. It helps maintain patient satisfaction with the process
  - B. It allows for adjustments to treatment plans that align with patient progress
  - C. It prevents therapists from making mistakes
  - D. It discourages patients from changing their goals
  
- 3. What can be a consequence of ignoring fear of falling in individuals with mobility impairments?**
  - A. Increased confidence in mobility
  - B. Decreased participation in rehabilitation activities
  - C. Improved overall health
  - D. More social interaction opportunities
  
- 4. What is considered the primary objective of rehabilitation for altered mobility?**
  - A. To restore functional mobility and enhance independence
  - B. To focus solely on pain management
  - C. To prepare patients for surgery
  - D. To provide counseling for emotional issues
  
- 5. Which of the following is a benefit of balance training exercises for those with altered mobility?**
  - A. Enhancing arm strength
  - B. Reducing the risk of falls
  - C. Improving hand-eye coordination
  - D. Increasing speed of walking

- 6. Which of the following assessment findings requires follow-up by the nurse for a 69-year-old client?**
- A. Shortened and externally rotated leg
  - B. Ability to ambulate
  - C. Normal capillary refill
  - D. Stable vital signs
- 7. How does consistent patient feedback improve therapy outcomes?**
- A. It provides comprehensive assessments without patient input
  - B. It ensures that therapy aligns with changes in patient needs and goals
  - C. It makes physical assessments unnecessary
  - D. It gives patients control over their treatment decisions
- 8. What type of joint disease involves asymmetrical joint symptoms?**
- A. Rheumatoid arthritis
  - B. Osteoarthritis
  - C. Psoriatic arthritis
  - D. Scleroderma
- 9. What symptom is indicative of rheumatoid arthritis in a patient?**
- A. Swollen joints with limited motion
  - B. Localized pain without swelling
  - C. Weakness and fatigue
  - D. Only morning stiffness
- 10. What is a key component of effective mobility rehabilitation?**
- A. Infrequent therapy sessions
  - B. Varied and consistent physical exercises
  - C. Exclusively strength training
  - D. Self-guided workouts



## **Answers**

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

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## **Explanations**

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## 1. What is a key outcome measure for assessing mobility improvement?

**A. The Timed Up and Go (TUG) test**

B. The Functional Reach Test

C. The Berg Balance Scale

D. The Chair Stand Test

*The Timed Up and Go (TUG) test is a widely recognized and effective outcome measure for assessing mobility improvement, particularly in older adults or individuals with mobility challenges. This test evaluates an individual's ability to rise from a chair, walk a short distance, turn around, walk back to the chair, and sit down again. The time taken to complete this task is then recorded, providing crucial data on their mobility performance and the potential need for further intervention. The TUG test is significant because it combines multiple dimensions of functional mobility, including balance, gait, and the initiation of movement. It is also simple to administer and does not require specialized equipment, making it accessible for various healthcare settings. As mobility is a critical aspect of independence and quality of life, improvements in TUG performance can be indicative of enhancements in overall functional status and safety in daily activities. Other tests, such as the Functional Reach Test, the Berg Balance Scale, and the Chair Stand Test, also provide valuable insights into different aspects of mobility and balance. However, the TUG specifically measures the dynamic aspect of mobility—how quickly a person can move from one position to another—which is essential in many practical situations in daily living.*

## 2. Which benefit is most associated with receiving continuous feedback from patients in rehabilitation?

A. It helps maintain patient satisfaction with the process

**B. It allows for adjustments to treatment plans that align with patient progress**

C. It prevents therapists from making mistakes

D. It discourages patients from changing their goals

*Receiving continuous feedback from patients in rehabilitation is most closely associated with the benefit of allowing for adjustments to treatment plans that align with patient progress. This is crucial in rehabilitation settings where patient responses to therapy can vary widely. By actively engaging in feedback, healthcare providers are able to tailor their approach based on how the patient is responding to treatment, which can lead to better outcomes. Continuous feedback creates a dynamic environment where therapists can assess which aspects of the treatment are working and which are not. This responsiveness ensures that the therapy aligns with a patient's evolving needs and capabilities, ultimately fostering a more personalized rehabilitation experience. Adjustments made based on feedback can lead to more effective interventions, helping patients to progress towards their goals more efficiently. While maintaining patient satisfaction is important and certainly influenced by feedback, the primary advantage lies in the ability to adapt treatment plans. The other options, such as preventing therapist mistakes or discouraging goal changes, do not accurately capture the significance of ongoing feedback in enhancing the rehabilitation process.*

### 3. What can be a consequence of ignoring fear of falling in individuals with mobility impairments?

- A. Increased confidence in mobility
- B. Decreased participation in rehabilitation activities**
- C. Improved overall health
- D. More social interaction opportunities

*Ignoring the fear of falling in individuals with mobility impairments can lead to decreased participation in rehabilitation activities. This phenomenon occurs because fear can create significant psychological barriers that prevent individuals from engaging fully in exercises and therapies designed to enhance their mobility. When these individuals hold onto their fears, they may avoid certain movements or activities that they associate with a risk of falling, which ultimately slows their progress in rehabilitation. Participation in such activities is essential for building strength, balance, and confidence, and when these activities are neglected, it can create a cycle of decreased mobility and increased fear. This, in turn, can negatively impact their recovery and overall quality of life.*

### 4. What is considered the primary objective of rehabilitation for altered mobility?

- A. To restore functional mobility and enhance independence**
- B. To focus solely on pain management
- C. To prepare patients for surgery
- D. To provide counseling for emotional issues

*The primary objective of rehabilitation for altered mobility is to restore functional mobility and enhance independence. This focus is essential because rehabilitation aims to help individuals regain their ability to move and perform daily activities to the best of their ability. By prioritizing functional mobility, rehabilitation programs are designed to improve physical capabilities through targeted exercises, therapy, and assistive technologies, ultimately leading to increased independence in daily life. While pain management, pre-surgical preparation, and counseling for emotional issues are important aspects of patient care, they do not capture the overarching goal of rehabilitation for altered mobility. Pain management may support mobility but is not the primary aim itself. Preparing patients for surgery is more specific to surgical contexts rather than the broader scope of rehabilitation. Similarly, addressing emotional issues can play a significant role in recovery but is a supportive function rather than the central focus. Thus, enhancing independence through improved mobility remains the cornerstone of effective rehabilitation strategies.*

**5. Which of the following is a benefit of balance training exercises for those with altered mobility?**

- A. Enhancing arm strength
- B. Reducing the risk of falls**
- C. Improving hand-eye coordination
- D. Increasing speed of walking

*Balance training exercises play a critical role in improving stability and coordination, particularly for individuals with altered mobility. One of the primary benefits of these exercises is their effectiveness in reducing the risk of falls. When balance is trained and enhanced, individuals develop greater awareness of their body position and movement, which helps them to maintain stability in various activities. This is particularly important for those who may have difficulties due to conditions affecting their mobility. As balance improves, individuals become more adept at adjusting their posture and movements in response to challenges or shifts in their environment. This proactive response can prevent situations that might otherwise lead to falls, promoting a greater sense of safety and confidence in mobility. In many cases, reducing fall risk significantly enhances the quality of life for those with mobility alterations, allowing them to engage more freely in daily activities without the constant concern of falling. Other options, such as enhancing arm strength, improving hand-eye coordination, or increasing walking speed, are not direct benefits of balance training exercises. While these functions may also improve as part of a comprehensive physical activity program, they are not the primary focus or outcome of balance-centric training, which centers on maintaining and enhancing stability and fall prevention.*

**6. Which of the following assessment findings requires follow-up by the nurse for a 69-year-old client?**

- A. Shortened and externally rotated leg**
- B. Ability to ambulate
- C. Normal capillary refill
- D. Stable vital signs

*A shortened and externally rotated leg is a significant finding that typically suggests a possible hip fracture or dislocation, especially in an elderly client. This condition often results from a fall or injury and can indicate serious underlying issues requiring immediate assessment and intervention. In this age group, such injuries can lead to complications including decreased mobility, increased risk of falls, and post-surgical complications. On the other hand, the ability to ambulate suggests that the client has functional mobility, which is a positive sign and generally doesn't require further follow-up unless other concerns arise. Normal capillary refill indicates satisfactory peripheral circulation and typically does not necessitate follow-up. Stable vital signs demonstrate that the client is currently stable and does not show immediate signs of distress. Therefore, the presence of a shortened and externally rotated leg stands out as a critical finding that prompts further evaluation to determine the underlying cause and necessary treatment.*

## 7. How does consistent patient feedback improve therapy outcomes?

- A. It provides comprehensive assessments without patient input
- B. It ensures that therapy aligns with changes in patient needs and goals**
- C. It makes physical assessments unnecessary
- D. It gives patients control over their treatment decisions

Consistent patient feedback plays a crucial role in improving therapy outcomes by ensuring that the treatment approach remains aligned with the evolving needs and goals of the patient. As therapy progresses, patients may experience changes in their conditions, respond differently to interventions, or develop new goals. Regular feedback enables therapists to adjust their strategies and interventions accordingly, facilitating more personalized and effective care. Additionally, understanding patient preferences and challenges allows therapists to tailor their approaches, making therapy more relevant and engaging for the individuals involved. This adaptability can lead to increased motivation and satisfaction, which further enhances adherence to therapeutic protocols and overall outcomes. In contrast, other options suggest eliminating the need for patient involvement or assessments, which can lead to less effective therapy, as they do not account for the dynamic nature of individual patient experiences. Therefore, leveraging patient feedback fosters a collaborative environment that ultimately improves therapeutic effectiveness.

## 8. What type of joint disease involves asymmetrical joint symptoms?

- A. Rheumatoid arthritis
- B. Osteoarthritis**
- C. Psoriatic arthritis
- D. Scleroderma

Osteoarthritis is a joint disease characterized by wear and tear of the cartilage, typically leading to joint pain and stiffness. One of its hallmark features is the asymmetrical nature of joint symptoms. In many cases, osteoarthritis affects one side of the body more than the other, or it may target certain joints while leaving others largely unaffected. This differentiates it from conditions like rheumatoid arthritis, which is usually symmetrical, impacting joints on both sides of the body equally. The asymmetry in osteoarthritis can be attributed to factors such as overuse of specific joints or previous injuries that may predispose certain joints to degradation, illustrating how varying biomechanics and exposure play a crucial role in the disease's manifestation. Such characteristics are particularly notable in the hands, knees, and hips, where affected joints might show disparities in severity between the left and right sides. Considering this, osteoarthritis presents a clear example of a joint disease with asymmetrical symptoms, fitting the criteria established in the question.

## 9. What symptom is indicative of rheumatoid arthritis in a patient?

**A. Swollen joints with limited motion**

B. Localized pain without swelling

C. Weakness and fatigue

D. Only morning stiffness

*Swollen joints with limited motion is a classic symptom of rheumatoid arthritis (RA) and serves as a key indicator of the condition. RA is characterized by chronic inflammation of the joints, which leads to synovitis (inflammation of the synovial membrane) and results in swelling. This swelling is typically accompanied by pain and a significant reduction in the range of motion of the affected joints due to both inflammation and potential structural changes over time. In rheumatoid arthritis, multiple joints may be affected symmetrically, which is distinct from other forms of arthritis where swelling might be localized to one joint. Patients often experience difficulties in performing everyday activities due to this reduced motion and pain, making it a critical symptom to identify. Other symptoms listed, such as localized pain without swelling, weakness and fatigue, and morning stiffness, can also be associated with rheumatoid arthritis but are less definitive on their own. For example, morning stiffness is common but not exclusive to RA, as it can be seen in many other types of musculoskeletal conditions. Similarly, weakness and fatigue are systemic symptoms that can relate to various health issues and do not specifically point to rheumatoid arthritis without the context of joint symptoms.*

## 10. What is a key component of effective mobility rehabilitation?

A. Infrequent therapy sessions

**B. Varied and consistent physical exercises**

C. Exclusively strength training

D. Self-guided workouts

*A key component of effective mobility rehabilitation is the incorporation of varied and consistent physical exercises. This approach allows for a comprehensive improvement in mobility, as it targets different muscle groups and functional movements necessary for daily activities. Varied exercises can include flexibility, strength, balance, and endurance training, all of which are essential for enhancing overall physical function and preventing injury. Consistency in performing these exercises is equally important, as regular practice helps to reinforce muscle memory and improve range of motion over time. This combination of variety and regularity supports gradual progress in rehabilitation, adapting to the individual's changing capabilities and ensuring that different aspects of mobility are addressed. In contrast, infrequent therapy sessions would not provide the necessary repetition and reinforcement to build strength and mobility effectively. Exclusively relying on strength training does not address all aspects of mobility, such as flexibility and balance, which are also crucial for overall function. Self-guided workouts can be beneficial but might lack the tailored guidance and progression needed for effective rehabilitation, particularly for individuals with specific mobility challenges. Overall, a structured regimen of varied and consistent exercises is fundamental for successful mobility rehabilitation.*



## 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:

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

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