

# Federation of State Boards of Physical Therapy (FSBPT) Practice Exam (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. Before each session with a patient in the ICU, the physical therapist assistant should consult with which healthcare professional?**
  - A. Attending physician**
  - B. Medical resident**
  - C. Physical therapist**
  - D. Nurse**
  
- 2. A patient with arterial insufficiency should be instructed to:**
  - A. Elevate the legs when sitting.**
  - B. Inspect the legs and feet daily.**
  - C. Use compression wraps when standing.**
  - D. Soak the legs daily in heated water.**
  
- 3. Which principles are foundational in developing a treatment plan?**
  - A. Patient-centeredness, evidence-based practice, and clear objectives**
  - B. Cost-effectiveness, quick recovery, and availability of equipment**
  - C. Patient preference, community resources, and personal goals**
  - D. Quick diagnosis, rapid treatment, and physician recommendations**
  
- 4. Which intervention would be appropriate for a patient improving balance during standing?**
  - A. Single-leg stance on the uninvolved leg**
  - B. Resistance training of the hip extensors**
  - C. Static stretching of the hip flexors**
  - D. Balance exercises on an unstable surface**
  
- 5. Which sign or symptom is MOST likely an adverse effect of diuretic medication?**
  - A. Hypertension with headache.**
  - B. Electrolyte imbalance with fatigue.**
  - C. Fluid depletion with shortness of breath.**
  - D. Decreased heart rate with fatigue.**

- 6. Why is interdisciplinary collaboration important in physical therapy?**
- A. It limits the number of professionals involved in care**
  - B. It promotes comprehensive care with diverse expertise**
  - C. It simplifies treatment plans for therapists**
  - D. It increases the duration of treatment unnecessarily**
- 7. What is the primary purpose of a gait assessment in physical therapy?**
- A. An evaluation of a patient's financial needs**
  - B. An assessment of a patient's walking patterns to identify abnormalities**
  - C. A measurement of muscle strength**
  - D. A diagnosis of neurological disorders**
- 8. Which structure is most commonly involved in a surgical release for Dupuytren contracture?**
- A. First metacarpal joint capsule**
  - B. Transverse carpal ligament**
  - C. Annular pulleys**
  - D. Palmar fascia**
- 9. Which component is essential for the integration of evidence-based practice?**
- A. Financial resources only**
  - B. Research-based guidelines, practitioner knowledge, and patient preferences**
  - C. Only patient history and clinical instincts**
  - D. Availability of advanced technology**
- 10. What is the most common ethical dilemma faced by physical therapists?**
- A. Choosing between different treatment modalities**
  - B. Banning certain patients based on insurance**
  - C. Balancing patient autonomy with professional recommendations**
  - D. Deciding whether to accept new patients**

## Answers

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

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## **Explanations**

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**1. Before each session with a patient in the ICU, the physical therapist assistant should consult with which healthcare professional?**

- A. Attending physician**
- B. Medical resident**
- C. Physical therapist**
- D. Nurse**

In the context of working in an ICU setting, the physical therapist assistant should consult with the nurse before each session with a patient. This is crucial because nurses are responsible for the day-to-day patient care and are intimately aware of the patient's current medical status, any changes in their condition, vital signs, and other essential information that may affect the safety and efficacy of physical therapy interventions. Nurses can provide insight into the patient's tolerance for activity, potential contraindications, and any specific precautions that need to be considered during treatment. This collaboration ensures that the physical therapist assistant can deliver care that is safe and aligned with the overall treatment plan established by the healthcare team. While the other healthcare professionals may have valuable information, the nurse typically has the most direct and relevant understanding of the patient's immediate condition, making them the most appropriate point of consultation prior to therapy sessions in an intensive care context.

**2. A patient with arterial insufficiency should be instructed to:**

- A. Elevate the legs when sitting.**
- B. Inspect the legs and feet daily.**
- C. Use compression wraps when standing.**
- D. Soak the legs daily in heated water.**

In the context of management for a patient with arterial insufficiency, advising the patient to inspect the legs and feet daily is crucial for several reasons. Individuals with arterial insufficiency are at higher risk for skin breakdown, ulcers, and infections due to poor blood circulation. Daily inspection allows for early detection of any changes or abnormalities, such as redness, sores, or other signs of potential complications. This proactive approach can help prevent serious issues that may arise from unnoticed injuries or changes and can lead to timely intervention. Additionally, regular foot care and inspection are recommended standards of care for individuals with peripheral vascular disease. It helps to reinforce the importance of foot hygiene and the need to be vigilant about any signs of distress in the lower extremities. Thus, this practice not only enhances the patient's self-management but also supports their overall health and well-being in the face of arterial insufficiency.

### 3. Which principles are foundational in developing a treatment plan?

- A. Patient-centeredness, evidence-based practice, and clear objectives**
- B. Cost-effectiveness, quick recovery, and availability of equipment**
- C. Patient preference, community resources, and personal goals**
- D. Quick diagnosis, rapid treatment, and physician recommendations**

The foundational principles in developing a treatment plan include patient-centeredness, evidence-based practice, and clear objectives. Patient-centeredness emphasizes the importance of considering the patient's individual needs, preferences, and values when creating a treatment plan. This approach ensures that the patient is actively involved in their care, enhancing their engagement and satisfaction with the treatment process. Evidence-based practice focuses on integrating the best available research evidence with clinical expertise and patient values. This principle ensures that the treatment interventions chosen are scientifically validated and likely to be effective, which ultimately leads to better outcomes. Clear objectives are essential in a treatment plan as they provide specific, measurable goals that guide both the therapist and the patient throughout the treatment process. Having defined objectives allows for regular evaluation of progress and modifications to the treatment plan as needed. These three principles collectively create a comprehensive framework for developing a treatment plan that is effective, personalized, and goal-oriented. This ensures that care is aligned not only with clinical guidelines but also with the unique context of each patient's situation.

### 4. Which intervention would be appropriate for a patient improving balance during standing?

- A. Single-leg stance on the uninvolved leg**
- B. Resistance training of the hip extensors**
- C. Static stretching of the hip flexors**
- D. Balance exercises on an unstable surface**

The most appropriate intervention for a patient improving balance during standing is engaging in balance exercises on an unstable surface. This type of exercise challenges the body's proprioceptive system and encourages the use of stabilizing muscles, which are crucial for maintaining equilibrium. When a patient stands on an unstable surface, such as a balance board or a firm pillow, the body must constantly adjust to maintain balance and posture. This not only enhances the neuromuscular response but also promotes coordination and strengthens the muscles involved in balancing. By incorporating instability into the exercises, patients learn to rely more on their sensory feedback and can improve their overall balance and functional stability, which is essential in daily activities. Other interventions, while beneficial for different reasons, do not directly target the aspect of balance in standing as effectively as balance exercises on an unstable surface.

5. Which sign or symptom is MOST likely an adverse effect of diuretic medication?

- A. Hypertension with headache.
- B. Electrolyte imbalance with fatigue.**
- C. Fluid depletion with shortness of breath.
- D. Decreased heart rate with fatigue.

The most likely adverse effect of diuretic medication is electrolyte imbalance with fatigue. Diuretics are commonly prescribed to help eliminate excess fluid by increasing urine output, which can lead to the loss of not only water but also important electrolytes such as potassium, sodium, magnesium, and calcium. An imbalance in these electrolytes can lead to symptoms like fatigue, muscle weakness, and cramping, amongst others. This makes option B particularly relevant as it directly addresses the common complication resulting from diuretic use. While fluid depletion can occur with diuretics, the context of experiencing shortness of breath, as suggested in another option, may not be the most immediate or common adverse effect associated specifically with diuretic use. The fatigue often reported by patients is a clearer indicator of the underlying issue of electrolyte disturbances that diuretics can cause.

6. Why is interdisciplinary collaboration important in physical therapy?

- A. It limits the number of professionals involved in care
- B. It promotes comprehensive care with diverse expertise**
- C. It simplifies treatment plans for therapists
- D. It increases the duration of treatment unnecessarily

Interdisciplinary collaboration is essential in physical therapy as it fosters a comprehensive approach to patient care. By bringing together professionals from various fields—such as physicians, occupational therapists, speech language pathologists, social workers, and nutritionists—each contributor can share their unique expertise and insights. This collaboration allows for a more holistic understanding of the patient's needs, leading to tailored treatment plans that address multiple dimensions of health and wellness. With diverse expertise, interdisciplinary teams are better equipped to identify and address complex patient issues, promote coordinated interventions, and ultimately improve patient outcomes. Such collaborative approaches encourage communication among team members, ensuring that everyone involved in a patient's care is on the same page, which can enhance continuity and quality of care. In contrast, limiting the number of professionals involved, simplifying treatment plans, or unnecessarily increasing treatment duration does not foster the comprehensive care that interdisciplinary collaboration aims to provide. This underscores the significance of collaboration in ensuring that each patient's unique health challenges are met with appropriate and effective strategies from various fields of expertise.

**7. What is the primary purpose of a gait assessment in physical therapy?**

**A. An evaluation of a patient's financial needs**

**B. An assessment of a patient's walking patterns to identify abnormalities**

**C. A measurement of muscle strength**

**D. A diagnosis of neurological disorders**

The primary purpose of a gait assessment in physical therapy is to evaluate a patient's walking patterns to identify abnormalities. This type of assessment is crucial for understanding how a patient moves and for diagnosing potential issues that may affect their mobility. Through careful observation and analysis of various gait characteristics such as stride length, speed, and symmetry, clinicians can detect deviations from typical walking patterns. Identifying these irregularities allows physical therapists to develop tailored intervention strategies that may include exercises, manual therapy, or gait training to improve functional mobility and prevent further complications. This targeted approach is essential for optimizing rehabilitation outcomes and ensuring that the patient's specific needs are addressed effectively.

**8. Which structure is most commonly involved in a surgical release for Dupuytren contracture?**

**A. First metacarpal joint capsule**

**B. Transverse carpal ligament**

**C. Annular pulleys**

**D. Palmar fascia**

The structure that is most commonly involved in a surgical release for Dupuytren contracture is the palmar fascia. Dupuytren contracture is a condition characterized by the thickening and shortening of the palmar fascia, which leads to the formation of nodules and cords that can pull the fingers into a flexed position. During surgical intervention, the aim is to release these fibrous bands of tissue in the palmar fascia to restore extension to the affected fingers. The procedure typically involves excising the abnormal fibrous tissue that has formed, allowing for improved mobility and function of the fingers. Surgical treatment is specifically focused on the areas where the palmar fascia has become contracted, making it necessary to address that exact structure. Understanding the pathology of Dupuytren contracture is crucial for successful surgical management, as the degree of contracture and the specific bands involved can vary among patients, but the palmar fascia itself is the key target during surgical release.

**9. Which component is essential for the integration of evidence-based practice?**

- A. Financial resources only
- B. Research-based guidelines, practitioner knowledge, and patient preferences**
- C. Only patient history and clinical instincts
- D. Availability of advanced technology

The integration of evidence-based practice relies heavily on the combination of research-based guidelines, practitioner knowledge, and patient preferences. This triad ensures that clinical decisions are informed by the best available research, tailored to the practitioner's expertise, and aligned with the values and preferences of the patient. Research-based guidelines provide a framework of scientifically validated practices that enhance the quality and consistency of healthcare delivery. Practitioner knowledge encapsulates the clinician's experience, skills, and understanding of the specific clinical context, enabling effective application of these guidelines. Patient preferences ensure that the treatment plans are personalized and respect the individual's values and choices, leading to improved satisfaction and outcomes. In contrast, the other options focus on singular aspects that do not capture the comprehensive approach required for effective evidence-based practice. Financial resources are important for implementing certain interventions but do not directly contribute to the integration of evidence-based practices. Relying solely on patient history and clinical instincts excludes vital evidence that can enhance care quality. While advanced technology can support evidence-based practices, it is not essential without the integration of research, practitioner expertise, and patient involvement. Thus, the correct answer encompasses the necessary elements for effective implementation of evidence-based practice in clinical settings.

**10. What is the most common ethical dilemma faced by physical therapists?**

- A. Choosing between different treatment modalities
- B. Banning certain patients based on insurance
- C. Balancing patient autonomy with professional recommendations**
- D. Deciding whether to accept new patients

The most common ethical dilemma faced by physical therapists involves balancing patient autonomy with professional recommendations. This situation arises in various contexts where patients may have preferences or desires that differ from what healthcare providers believe is in their best interest based on clinical evidence and professional judgment. For example, a therapist might recommend a specific treatment plan designed to optimize a patient's recovery, but the patient may prefer a different approach or want to pursue an alternative treatment that the therapist does not endorse. In such instances, the therapist must navigate the complexities of respecting the patient's right to make choices about their own care while ensuring they provide guidance that promotes the patient's health and well-being. This dilemma highlights the importance of communication, trust, and shared decision-making in the therapeutic relationship. Physical therapists must be skilled not only in clinical reasoning but also in understanding the values, beliefs, and preferences of their patients to provide care that is both ethical and effective. Addressing this ethical conflict is crucial for promoting patient satisfaction and outcomes while adhering to professional standards.

## 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:**

**<https://fsbpt.examzify.com>**

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

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