

FUNCTIONAL RESTORATION PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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	15

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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. A patient has a positive posterior force closure test. Which exercise could be performed as part of the program?**
 - A. Overhead press
 - B. Seated row
 - C. Hip hinge
 - D. Half-kneeling lat pull
- 2. What is the significance of a "stick to the plan" approach in functional restoration?**
 - A. Encourages adherence, reduces variability, and supports consistent, reproducible progress toward functional goals.
 - B. Encourages frequent changes to the plan to adapt to every symptom.
 - C. Reduces communication with the team
 - D. Focuses only on pain reduction
- 3. According to McGill, core stabilization exercises such as prone plank should be held for up to how long?**
 - A. Up to 60 seconds
 - B. Up to 30 seconds
 - C. Up to 15 seconds
 - D. Up to 8 seconds
- 4. Which cervical muscles are the primary segmental stabilizers?**
 - A. Longus Capitis and Longus Colli
 - B. Sternocleidomastoid and Scalenes
 - C. Semispinalis and Multifidus
 - D. Trapezius
- 5. Which assessment helps identify activity tolerances and functional limits for work tasks?**
 - A. Pain scale
 - B. Functional Capacity Evaluation (FCE)
 - C. MRI
 - D. Psychological testing

- 6. What muscle is the longest extension moment arm, creates minimal compression, and is the most efficient lumbar extensor?**
- A. Thoracic Longissimus
 - B. Iliocostalis
 - C. Multifidus
 - D. Spinalis
- 7. Paresthesia in the posterior aspect of the hand including the thumb and portions of the 2nd and 3rd digits indicates which nerve?**
- A. Radial nerve
 - B. Median nerve
 - C. Ulnar nerve
 - D. Axillary nerve
- 8. What does Functional Capacity Evaluation (FCE) stand for in FR, and what is its purpose?**
- A. Functional Compliance Examination; to assess workplace ergonomics.
 - B. Functional Capacity Evaluation; to measure physical capabilities to guide return-to-work decisions.
 - C. Functional Cognitive Evaluation; to assess cognitive readiness for work.
 - D. Fitness Certification Exam; to determine eligibility for athletic programs.
- 9. Janda believed movement impairments within the CNS are caused by which pattern of muscle imbalance?**
- A. Tight phasic and inhibited postural muscles
 - B. Tight postural and inhibited phasic muscles
 - C. Balanced muscles
 - D. Nerve damage
- 10. In the mobility framework, which of the following joints is Mobile?**
- A. Scapula/Thoracic
 - B. Ankle
 - C. Hip
 - D. GH Joint

Answers

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

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Explanations

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1. A patient has a positive posterior force closure test. Which exercise could be performed as part of the program?

A. Overhead press

B. Seated row

C. Hip hinge

D. Half-kneeling lat pull

A positive posterior force closure test signals the need to improve the ability to create and control posteriorly directed compressive forces across the pelvis and spine during loaded tasks. The half-kneeling lat pull is well suited for this because the half-kneeling stance creates a unilateral, unstable base that requires anti-rotation and robust pelvic and trunk stabilization while you perform a pulling lift. This setup trains the body to coordinate the posterior chain (including the latissimus dorsi and surrounding stabilizers) with the hips and pelvis to maintain a neutral spine and stable pelvis under load, directly reinforcing posterior force closure when transferring force through the trunk and pelvis. In contrast, an overhead press tends to emphasize shoulder and spine extension under load with less demand on pelvic stabilization; a seated row offers less challenge to anti-rotation and pelvic control; a hip hinge focuses on the posterior chain's hip-dominant pattern but can risk pelvic instability if not controlled. The half-kneeling lat pull combines resistance with a stabilizing, stance-driven requirement that aligns with improving posterior force closure.

2. What is the significance of a "stick to the plan" approach in functional restoration?

A. Encourages adherence, reduces variability, and supports consistent, reproducible progress toward functional goals.

B. Encourages frequent changes to the plan to adapt to every symptom.

C. Reduces communication with the team

D. Focuses only on pain reduction

Sticking to the plan in functional restoration anchors progress in a structured, graded path toward real-life functional goals. When the plan is followed consistently, therapy tasks and loads are applied in a controlled way, which reduces week-to-week variability in how a patient responds. This makes progress measurable and reproducible, so clinicians can track improvements, anticipate plateaus, and adjust data-drivenly rather than reacting to every symptom. It also supports steady skill-building and confidence because patients know what to expect and can gradually increase activity without disruptive shifts. While reducing pain is part of the aim, the broader objective is meaningful function—so the plan provides a roadmap to regain daily activities and work tasks. Frequent changes create inconsistency and muddle outcomes, and reduced communication or a sole focus on pain misses the functional goal. The key takeaway is that a consistent, goal-driven plan enables safe, progressive, and trackable improvement toward functional independence.

3. According to McGill, core stabilization exercises such as prone plank should be held for up to how long?

- A. Up to 60 seconds
- B. Up to 30 seconds
- C. Up to 15 seconds
- D. Up to 8 seconds**

The idea being tested is how long McGill recommends holding a prone plank during core stabilization training. McGill emphasizes brief, controlled holds to keep the spine stable and ensure the deep stabilizers (like the transverse abdominis and multifidus) are activated with proper technique. Holding for about eight seconds allows you to maintain a neutral spine, avoid compensatory movements, and prevent fatigue from taking over to degrade form. By using several short holds with rest, you build endurance without encouraging poor patterning or excessive lumbar stress that can come with longer holds. Longer holds—such as 30, 60 seconds or more—tend to compromise technique and recruit superficial muscles, which is why the eight-second guideline is preferred.

4. Which cervical muscles are the primary segmental stabilizers?

- A. Longus Capitis and Longus Colli**
- B. Sternocleidomastoid and Scalenes
- C. Semispinalis and Multifidus
- D. Trapezius

Deep prevertebral neck muscles provide the fine-tuned stabilization of each cervical segment. The longus capitis and longus coli sit close to the vertebral bodies and joints, enabling them to maintain segmental alignment and resist small perturbations during head and neck movements. They act as primary stabilizers by controlling intersegmental motion rather than producing large overall movements. The other muscles listed are more about moving the head and neck or providing broader postural support. The sternocleidomastoid and scalenes generate gross motions like flexion, rotation, and lateral flexion. The semispinalis and multifidus contribute to posterior stability and extension, but they're not the primary segmental stabilizers in the cervical region. The trapezius is a superficial muscle involved in neck and shoulder girdle movements rather than segment-by-segment stabilization.

5. Which assessment helps identify activity tolerances and functional limits for work tasks?

- A. Pain scale
- B. Functional Capacity Evaluation (FCE)**
- C. MRI
- D. Psychological testing

The main idea is to quantify what a person can actually do in work-like tasks by testing their endurance, strength, and functional performance under conditions that resemble real job activities. A Functional Capacity Evaluation is a comprehensive assessment conducted by trained professionals to measure how long and how well someone can perform typical work tasks, including lifting, carrying, standing, walking, climbing, and repetitive motions, along with how pain, fatigue, and safety behaviors influence those tasks. The results provide clear activity tolerances and functional limits that help determine appropriate work restrictions, accommodations, and return-to-work plans. Pain scales show how intense the pain is but don't reveal what work tasks someone can sustain or perform safely. An MRI reveals structural anatomy and pathology, not actual functional capacity for work. Psychological testing evaluates mental health, cognition, or mood factors, but it doesn't directly measure physical task performance or tolerances.

6. What muscle is the longest extension moment arm, creates minimal compression, and is the most efficient lumbar extensor?

A. Thoracic Longissimus

B. Iliocostalis

C. Multifidus

D. Spinalis

Torque for extending the lumbar spine depends on the muscle's moment arm and its line of pull. A longer moment arm means more extension torque for a given muscle activation, and a favorable pull direction can produce that torque with less compressive load on the joints. The thoracic portion of the longissimus is the longest among the back extensors and provides the largest extension moment arm in the lumbar region. Because of its length and orientation, it can generate greater extension torque with less force, making it the most efficient lumbar extensor. Its line of pull helps produce extension while minimizing the compressive forces on the facet joints compared with the other muscles in the group. In contrast, the spinalis has a shorter lever arm and contributes less to large-scale trunk extension; the iliocostalis and multifidus have either more lateral or more segmental roles, with smaller extension moment arms for the lumbar spine. So they don't match the thoracic longissimus in terms of extension efficiency and minimal compression.

7. Paresthesia in the posterior aspect of the hand including the thumb and portions of the 2nd and 3rd digits indicates which nerve?

A. Radial nerve

B. Median nerve

C. Ulnar nerve

D. Axillary nerve

Focus on where each nerve provides sensation in the hand. The radial nerve, especially its superficial branch, supplies the dorsum of the hand on the radial (thumb-side) side, including the back of the thumb and the proximal portions of the index and middle fingers. When paresthesia is described on the posterior aspect of the hand spanning the thumb and parts of the 2nd and 3rd digits, that pattern fits the radial nerve distribution. The other nerves cover different regions: median nerve mainly supplies the palm side of the lateral digits and some dorsal distal areas, ulnar nerve covers the medial digits on both surfaces, and axillary nerve relates to the shoulder region rather than the hand. Thus the described sensory pattern points to the radial nerve.

8. What does Functional Capacity Evaluation (FCE) stand for in FR, and what is its purpose?

A. Functional Compliance Examination; to assess workplace ergonomics.

B. Functional Capacity Evaluation; to measure physical capabilities to guide return-to-work decisions.

C. Functional Cognitive Evaluation; to assess cognitive readiness for work.

D. Fitness Certification Exam; to determine eligibility for athletic programs.

Functional Capacity Evaluation in Functional Restoration is a test-based process that quantifies what a person can physically do, including strength, endurance, range of motion, and ability to perform job tasks. It uses standardized tasks that simulate work to generate objective data. The main purpose is to guide return-to-work decisions: determine which activities are safe, identify necessary restrictions or accommodations, and inform the pace and plan of rehabilitation. This helps align the patient, clinician, and employer, and supports planning a graded or staged return if needed. It isn't about workplace ergonomics, cognitive readiness, or athletic eligibility, which are separate concepts.

9. Janda believed movement impairments within the CNS are caused by which pattern of muscle imbalance?

- A. Tight phasic and inhibited postural muscles
- B. Tight postural and inhibited phasic muscles**
- C. Balanced muscles
- D. Nerve damage

In Janda's view, movement impairments that stem from the CNS come from a specific muscle-imbalance pattern: the postural (tonic) muscles become tight while the phasic muscles are inhibited. This combination shifts how the nervous system activates muscles during movement, promoting overactivity and sustained tone in the postural muscles while reducing the timely activation of the phasic muscles. The result is altered movement patterns, compensations, and potential pain or dysfunction, because the body relies more on stiff, stabilizing muscle groups and less on the quick, active phasic muscles needed for smooth, efficient motion. Why this fits better than the opposite pattern? If the phasic muscles were tight and the postural muscles inhibited, the control of posture and dynamic movement would look different and would not align with Janda's described CNS-driven imbalance. Balanced muscles or nerve damage describe different ideas that don't capture the characteristic postural-strong, phasic-weak pattern Janda emphasized.

10. In the mobility framework, which of the following joints is Mobile?

- A. Scapula/Thoracic
- B. Ankle**
- C. Hip
- D. GH Joint

In this framework, a mobile joint is one that primarily provides the motion that drives the limb's movement, especially in tasks like walking. The ankle fits this role best because it offers clear, essential motion for propulsion and adapting to the ground—dorsiflexion and plantarflexion, plus the accompanying subtalar adaptations that help absorb impact and adjust to varied surfaces. This mobility is directly tied to gait and forward progression. The scapulothoracic area, while it can move, is a functional interface rather than a true synovial joint with its own separate motion driver, and its primary job is to position the shoulder blade for efficient arm movement rather than propel the body forward. The hip and glenohumeral joints are highly mobile, but in this context they're often considered within a different perspective of proximal stability and integrated movement, whereas the ankle is the main source of straightforward mobility for initiating and sustaining locomotion. Therefore, the ankle is the best choice for a mobile joint here.

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://functionalrestoration.examzify.com>

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

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