

HOSA Physical Therapy Assessment 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. Which method utilizes electromagnetic energy to produce therapeutic heating effects?**
 - A. Deep tissue massage**
 - B. Short wave diathermy**
 - C. Occupational therapy**
 - D. Ultrasound therapy**

- 2. What term describes various pathologic conditions associated with heart failure?**
 - A. Cardiac muscle dysfunction**
 - B. Bursitis**
 - C. Blood gas analysis**
 - D. Cerebral palsy**

- 3. What does discontinuation refer to in physical therapy?**
 - A. Ending treatment once the therapist has assessed the patient**
 - B. Termination of services at patient or therapist's decision**
 - C. Ending of services due to noncompliance**
 - D. Completion of the therapy program regardless of outcomes**

- 4. What provides a comprehensive overview of the methods and practices utilized by physical therapists?**
 - A. Guide to physical therapist practice**
 - B. Patient assessment protocols**
 - C. Physical therapy ethical standards**
 - D. Therapeutic modalities overview**

- 5. What condition is characterized by the heart muscle's inability to effectively move blood volume?**
 - A. Congestive heart failure (CHF)**
 - B. Coronary artery disease (CAD)**
 - C. Cystic fibrosis (CF)**
 - D. Arteritis**

6. Which study records the rate at which electrical signals are transmitted along peripheral nerves?

- A. Nerve conduction velocity (NCV) study**
- B. Electromyography (EMG)**
- C. Ultrasound imaging**
- D. Magnetic resonance imaging (MRI)**

7. What is the term for pressure on a nerve that can lead to various symptoms?

- A. Nerve compression**
- B. Nerve entrapment**
- C. Nerve damage**
- D. Nerve rupture**

8. What neural developmental disorder is characterized by impairments in social interaction and communication skills?

- A. Attention Deficit Hyperactivity Disorder**
- B. Autism**
- C. Asperger's Syndrome**
- D. Down Syndrome**

9. What type of tests are specifically used to examine joints for potential problems?

- A. Range of motion tests**
- B. Special tests**
- C. Functional tests**
- D. Strength tests**

10. What type of scar is characterized by excessive collagen deposition that extends beyond the original wound boundaries?

- A. Keloid scar**
- B. Hypertrophic scar**
- C. Atrophic scar**
- D. Contracture scar**

Answers

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

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Explanations

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1. Which method utilizes electromagnetic energy to produce therapeutic heating effects?

- A. Deep tissue massage**
- B. Short wave diathermy**
- C. Occupational therapy**
- D. Ultrasound therapy**

The method that utilizes electromagnetic energy to produce therapeutic heating effects is short wave diathermy. This technique employs high-frequency electromagnetic waves to create deep tissue heating, which can increase blood flow, relieve pain, and improve tissue elasticity. The energy produced penetrates the tissues and generates heat, making it particularly effective for treating inflammatory conditions and promoting healing processes. In contrast, deep tissue massage primarily relies on physical manipulation of the muscles and soft tissues, not electromagnetic energy. Occupational therapy focuses on helping patients achieve independence in daily activities and does not directly involve heating methods. Ultrasound therapy uses sound waves rather than electromagnetic waves to provide deep tissue heating and therapeutic effects. While ultrasound therapy also generates heat and can be used for therapeutic purposes, it operates on a different principle involving acoustic energy. Thus, short wave diathermy is the correct answer as it specifically involves electromagnetic energy to achieve its therapeutic effects.

2. What term describes various pathologic conditions associated with heart failure?

- A. Cardiac muscle dysfunction**
- B. Bursitis**
- C. Blood gas analysis**
- D. Cerebral palsy**

The term that describes various pathologic conditions associated with heart failure is cardiac muscle dysfunction. This refers to the impairment of the heart muscle's ability to pump blood effectively, which is a central feature of heart failure. Conditions such as cardiomyopathy, ischemic heart disease, and hypertension can lead to cardiac muscle dysfunction. This dysfunction may manifest in different ways, including reduced cardiac output, decreased exercise tolerance, and symptoms like fatigue and shortness of breath. Understanding this term is crucial because it encapsulates the range of pathological changes that occur in the heart during heart failure. It also emphasizes the importance of diagnosing and managing the underlying conditions that contribute to the weakening of the heart muscle in order to improve patient outcomes. In contrast, the other options refer to unrelated medical conditions or assessments which do not specifically connect to heart failure or its associated pathologies.

3. What does discontinuation refer to in physical therapy?

- A. Ending treatment once the therapist has assessed the patient
- B. Termination of services at patient or therapist's decision**
- C. Ending of services due to noncompliance
- D. Completion of the therapy program regardless of outcomes

Discontinuation in physical therapy specifically refers to the termination of services that occurs as a result of a decision made either by the patient or the therapist. This can arise from various factors, including the patient's recovery, personal circumstances, or a professional judgment by the therapist regarding the necessity of continued treatment. It signifies that both parties have agreed to stop therapy for reasons that may include achieving the therapy goals, changes in the patient's condition, or reaching a point where therapy is no longer beneficial. The other options involve situations that do not encompass the mutual agreement aspect, which is crucial for the definition of discontinuation. Ending treatment after an assessment does not necessarily account for the patient's ongoing needs or improvements. Noncompliance could lead to termination, but this denotes a lack of adherence rather than a cooperative decision. Completion of the therapy program, regardless of outcomes, neglects the importance of patient involvement and indicates a lack of shared decision-making about the patient's ongoing care, which is central to the idea of discontinuation.

4. What provides a comprehensive overview of the methods and practices utilized by physical therapists?

- A. Guide to physical therapist practice**
- B. Patient assessment protocols
- C. Physical therapy ethical standards
- D. Therapeutic modalities overview

A Guide to physical therapist practice serves as an essential resource that comprehensively outlines the various methods and practices employed by physical therapists. This guide encompasses a wide range of topics, including evaluation techniques, intervention strategies, and patient management approaches, ensuring that practitioners are well-informed about the current standards of care. It is vital for physical therapists to follow a structured guide as it provides not only foundational knowledge but also insights into evidence-based practices, allowing for effective treatment planning and implementation. This document plays a crucial role in formal education and ongoing professional development, ensuring that physical therapists stay updated with advancements in their field. In contrast, patient assessment protocols focus specifically on the evaluations and measurements taken during patient interactions, while physical therapy ethical standards deal with the moral principles governing professional behavior. Therapeutic modalities overview, on the other hand, pertains to the various techniques and tools used within therapy sessions, but does not offer the holistic view that the guide provides. Thus, while all other options contribute to the practice of physical therapy, the guide stands out as the most comprehensive resource for understanding methods and practices in the field.

5. What condition is characterized by the heart muscle's inability to effectively move blood volume?

- A. Congestive heart failure (CHF)**
- B. Coronary artery disease (CAD)**
- C. Cystic fibrosis (CF)**
- D. Arteritis**

The condition characterized by the heart muscle's inability to effectively move blood volume is congestive heart failure (CHF). This condition occurs when the heart becomes weak and cannot pump blood sufficiently to meet the body's needs. In CHF, the heart can be enlarged or thickened, which leads to fluid accumulation in the lungs and other parts of the body, resulting in symptoms such as shortness of breath, fatigue, and swelling in the legs and ankles. Congestive heart failure can arise from various underlying causes, including coronary artery disease, high blood pressure, or previous heart attacks, all of which can damage the heart muscle over time. The inefficiency in blood movement means that organs and tissues do not receive adequate oxygen and nutrients, contributing to the progressive nature of the condition. While coronary artery disease affects the blood vessels supplying the heart, cystic fibrosis primarily affects the lungs and digestive system, and arteritis is inflammation of the blood vessels, these conditions do not directly involve the heart's pumping ability like CHF does. Thus, congestive heart failure is the most fitting description for the symptoms and mechanics outlined in the question.

6. Which study records the rate at which electrical signals are transmitted along peripheral nerves?

- A. Nerve conduction velocity (NCV) study**
- B. Electromyography (EMG)**
- C. Ultrasound imaging**
- D. Magnetic resonance imaging (MRI)**

The study that records the rate at which electrical signals are transmitted along peripheral nerves is known as a nerve conduction velocity (NCV) study. This diagnostic test specifically measures how quickly electrical impulses travel through these nerves, which can be crucial for identifying various conditions that affect nerve function, such as neuropathies or nerve compression syndromes. When conducting an NCV study, electrodes are placed on the skin over the nerve, and a small electrical current is applied. By measuring the time it takes for the electrical impulse to travel between the electrodes, healthcare professionals can determine the conduction velocity of the nerve. This information is valuable for diagnosing nerve-related conditions and guiding treatment options. In contrast, electromyography (EMG) evaluates the electrical activity of muscles and can aid in differentiating between muscle and nerve disorders but does not directly measure nerve conduction velocities. Ultrasound imaging utilizes sound waves to visualize structures, often used for imaging soft tissues and not for measuring nerve conduction speed. Magnetic resonance imaging (MRI) provides detailed images of various tissues in the body, including nerves and surrounding structures, but it does not measure the speed of electrical signal transmission. Thus, the NCV study is specifically tailored for assessing the characteristics of nerve conduction.

7. What is the term for pressure on a nerve that can lead to various symptoms?

- A. Nerve compression**
- B. Nerve entrapment**
- C. Nerve damage**
- D. Nerve rupture**

The term associated with pressure on a nerve that can lead to various symptoms is nerve entrapment. This refers specifically to a condition where a nerve becomes compressed or irritated as it passes through a narrow space in the body, resulting in symptoms such as pain, numbness, or weakness in the areas served by the affected nerve. This condition commonly occurs in situations where there is repetitive motion or prolonged pressure on a nerve, such as in carpal tunnel syndrome, where the median nerve is compressed at the wrist. The key aspect of nerve entrapment is that it relates directly to the mechanical pressure affecting the nerve's function, leading to discomfort or dysfunction. Other related terms highlight different aspects of nerve issues: nerve compression is a broader term that can refer to any kind of pressure on a nerve, not necessarily in a narrowed or specific area as entrapment implies. Nerve damage refers to a more severe injury where the nerve fibers are influenced by physical trauma or disease, which may lead to a permanent loss of function. Nerve rupture would indicate a complete tear of the nerve, which is a more drastic and specific condition than entrapment.

8. What neural developmental disorder is characterized by impairments in social interaction and communication skills?

- A. Attention Deficit Hyperactivity Disorder**
- B. Autism**
- C. Asperger's Syndrome**
- D. Down Syndrome**

Autism is a neural developmental disorder that fundamentally impacts an individual's ability to engage in social interactions and communicate effectively. This condition is often characterized by a spectrum of symptoms, which can range from mild to severe. Individuals with autism may exhibit difficulties in understanding social cues, expressing emotions, and engaging in reciprocal conversations. In addition to challenges in social communication, those diagnosed may engage in repetitive behaviors or have restricted interests, further complicating their interactions with others. The importance of early diagnosis and intervention cannot be overstated, as tailored support can significantly improve the quality of life and development of social skills in those affected. The other options represent distinct conditions that do not primarily emphasize deficits in social interaction and communication in the same way that autism does. Attention Deficit Hyperactivity Disorder (ADHD) is primarily characterized by inattention, hyperactivity, and impulsivity. Asperger's Syndrome, once considered a separate diagnosis, is now included within the autism spectrum and often shares similar social and communication difficulties. Down Syndrome is a genetic disorder that leads to a variety of physical and intellectual challenges but is not specifically defined by the social interaction and communication impairments seen in autism.

9. What type of tests are specifically used to examine joints for potential problems?

- A. Range of motion tests**
- B. Special tests**
- C. Functional tests**
- D. Strength tests**

Special tests are a crucial component of the physical therapy assessment process, specifically designed to evaluate joints for potential issues. These tests help clinicians identify specific pathologies, such as ligament tears, tendonitis, or other joint-related conditions. By isolating and stressing certain structures, special tests can provide valuable insights into the integrity and functionality of a joint. While range of motion tests assess the degrees of motion available at a joint and functional tests evaluate the ability to perform everyday activities, they do not specifically target the identification of pathologies. Similarly, strength tests measure muscle power and can indicate dysfunction but do not directly evaluate joint-specific problems. In contrast, special tests focus on assessing specific joints and their associated soft tissue structures, making them essential for accurate diagnosis and treatment planning.

10. What type of scar is characterized by excessive collagen deposition that extends beyond the original wound boundaries?

- A. Keloid scar**
- B. Hypertrophic scar**
- C. Atrophic scar**
- D. Contracture scar**

A keloid scar is characterized by excessive collagen deposition that extends beyond the original wound boundaries. This type of scar occurs when the body produces too much collagen during the healing process, resulting in a raised and often thick scar that can grow larger than the original injury itself. Keloids are typically firm, rubbery, and can vary in color from flesh-toned to dark brown or black. They are more common in individuals with darker skin tones and can occur anywhere on the body, although they are especially prevalent in areas that are frequently injured or have a lot of tension. Unlike hypertrophic scars, which may also be raised but remain within the margins of the wound and have a chance of improving over time, keloid scars do not regress and can continue to grow even after the initial injury has healed. Understanding the nature of keloid scars is important in physical therapy and wound care management to help tailor appropriate treatment strategies for patients.

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://hosaphysicaltherapy.examzify.com>

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

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