

HOSA PHYSICAL THERAPY ASSESSMENT PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://hosaphysicaltherapy.examzify.com>



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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 term is used to describe slowness of movements?**
 - A. Bradykinesia
 - B. Bursitis
 - C. Chronic inflammation
 - D. Cardiac dysfunction

- 2. What factors are considered in the Vancouver burn scar score?**
 - A. Color, depth, and sensation
 - B. Texture, pigmentation, vascularity, and pliability
 - C. Thickness, area, and healing time
 - D. Length, weight, and location

- 3. What is the purpose of adaptive equipment in physical therapy?**
 - A. To enhance therapeutic exercises
 - B. To allow individuals to perform functional tasks with increased ease or independence
 - C. To aid in diagnosis and evaluation
 - D. To provide recreational activities

- 4. 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

- 5. What condition is characterized by severe alcohol-induced disabilities during pregnancy?**
 - A. Down syndrome
 - B. Fetal alcohol syndrome (FAS)
 - C. Autism spectrum disorder
 - D. Neonatal abstinence syndrome

- 6. What assessment technique uses electrodes placed on the chest wall to monitor heart activity?**
- A. Echocardiography
 - B. Electrocardiogram (ECG)
 - C. Stress test
 - D. Electromyography (EMG)
- 7. Which technique is used to record the electrical activity in muscles at rest and during contraction?**
- A. Electrocardiography (ECG)
 - B. Electromyography (EMG)
 - C. Ultrasound Imaging
 - D. Magnetoencephalography (MEG)
- 8. Which intervention technique aims at retraining through functional activities for neuromuscular conditions?**
- A. Systems approach
 - B. Task oriented approach
 - C. Functional mobility training
 - D. Occupational therapy
- 9. What may result in a child demonstrating immature balance reactions at a young age?**
- A. Developmental coordination disorder
 - B. Disability model
 - C. Developmental delay
 - D. Developmental milestones
- 10. What condition is characterized by a diminished ability to understand verbal or written communication?**
- A. Expressive aphasia
 - B. Receptive aphasia
 - C. Speech disorder
 - D. Language impairment

Answers

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

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Explanations

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1. Which term is used to describe slowness of movements?

- A. Bradykinesia**
- B. Bursitis
- C. Chronic inflammation
- D. Cardiac dysfunction

The term that describes slowness of movements is "bradykinesia." This term is commonly used in the context of neurological disorders, particularly in Parkinson's disease, where patients experience a noticeable reduction in the speed of voluntary movements. Bradykinesia is significant because it affects everyday activities, making simple tasks such as walking, writing, or buttoning a shirt more challenging. The other options refer to different medical conditions or phenomena. Bursitis is the inflammation of the bursa, typically resulting in joint pain and swelling rather than affecting the speed of movement. Chronic inflammation generally relates to a prolonged inflammatory response that can occur in various conditions but does not specifically describe movement speed. Cardiac dysfunction pertains to issues with heart function, which does not directly relate to the concept of movement speed. Thus, bradykinesia is the only term that accurately captures the concept of slowness of movements.

2. What factors are considered in the Vancouver burn scar score?

- A. Color, depth, and sensation
- B. Texture, pigmentation, vascularity, and pliability**
- C. Thickness, area, and healing time
- D. Length, weight, and location

The Vancouver burn scar score is specifically designed to assess the characteristics of burn scars, aiding in both clinical evaluation and research. The correct components of this scoring system include texture, pigmentation, vascularity, and pliability. - Texture refers to the feel of the scar, indicating whether it is smooth or rough, which can affect both aesthetics and functionality. - Pigmentation involves the color of the scar compared to the surrounding skin, identifying issues such as hyperpigmentation or hypopigmentation. - Vascularity assesses the blood supply to the scar, often visible as redness or discoloration, which can indicate scar maturity and healing status. - Pliability refers to how flexible the scar is, which significantly impacts range of motion and overall function in affected areas. This systematic approach allows healthcare professionals to evaluate the severity and progression of burn scar rehabilitation effectively.

3. What is the purpose of adaptive equipment in physical therapy?

- A. To enhance therapeutic exercises
- B. To allow individuals to perform functional tasks with increased ease or independence**
- C. To aid in diagnosis and evaluation
- D. To provide recreational activities

The primary aim of adaptive equipment in physical therapy is to enable individuals to perform daily functional tasks more easily and independently. This equipment is specifically designed to accommodate the unique needs of patients, particularly those with physical limitations or disabilities. By using adaptive tools, such as specialized utensils, mobility aids, or modified seating, patients can engage in activities that might otherwise be challenging or impossible for them. This focus on enhancing independence not only contributes to a greater quality of life but also encourages patients to participate more fully in their own rehabilitation process. While enhancing therapeutic exercises, aiding in diagnosis, and providing recreational activities can be valuable aspects of physical therapy, the core objective of adaptive equipment fundamentally revolves around facilitating independence in everyday tasks for individuals with physical challenges.

4. 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.

5. What condition is characterized by severe alcohol-induced disabilities during pregnancy?

- A. Down syndrome
- B. Fetal alcohol syndrome (FAS)**
- C. Autism spectrum disorder
- D. Neonatal abstinence syndrome

Fetal alcohol syndrome (FAS) is a condition that results from alcohol consumption during pregnancy, which disrupts normal fetal development. It is characterized by a range of physical, behavioral, and cognitive disabilities that can occur in a child when a pregnant woman consumes alcohol. The effects of FAS can include facial abnormalities, growth deficiencies, and a variety of neurodevelopmental issues. These can lead to lifelong challenges in learning, behavior, and overall functioning. The distinctive features of FAS arise because alcohol interferes with the normal development of the brain and other organs during critical stages of pregnancy. Unlike conditions such as Down syndrome, which is genetically based, or autism spectrum disorder, which encompasses a variety of developmental disorders potentially influenced by genetic and environmental factors, FAS is specifically linked to alcohol exposure in utero. Similarly, neonatal abstinence syndrome is a condition caused by drug withdrawal in newborns, often due to maternal drug use during pregnancy, but it is unrelated to the effects of alcohol. Understanding that FAS is directly attributable to prenatal alcohol exposure helps to underscore the importance of avoiding alcohol during pregnancy to prevent these severe disabilities.

6. What assessment technique uses electrodes placed on the chest wall to monitor heart activity?

- A. Echocardiography
- B. Electrocardiogram (ECG)**
- C. Stress test
- D. Electromyography (EMG)

The assessment technique that utilizes electrodes placed on the chest wall to monitor heart activity is the electrocardiogram (ECG). This non-invasive test is crucial for assessing the electrical activity of the heart over a period of time. The electrodes detect the small electrical changes that are a result of heart muscle depolarization and repolarization during each heartbeat. An ECG provides a visual representation of the heart's rhythm and can reveal abnormalities such as arrhythmias, heart attacks, or other heart conditions. It is a fundamental tool in diagnosing heart issues as it allows healthcare providers to understand how the heart functions in real-time. In contrast, echocardiography uses ultrasound waves to create images of the heart's structure and is primarily used to evaluate the heart's anatomy and function rather than electrical activity. A stress test assesses the heart's performance under physical stress but typically incorporates ECG monitoring rather than being a standalone technique. Electromyography (EMG) measures electrical activity in muscles and nerves, not in the heart, thus serving a different purpose entirely.

7. Which technique is used to record the electrical activity in muscles at rest and during contraction?

- A. Electrocardiography (ECG)
- B. Electromyography (EMG)**
- C. Ultrasound Imaging
- D. Magnetoencephalography (MEG)

The technique used to record the electrical activity in muscles at rest and during contraction is electromyography (EMG). EMG works by placing electrodes—either surface or inserted into the muscle—on the skin or within the muscle to detect the electrical signals generated by muscle fibers. This allows for the assessment of muscle function, detecting abnormalities in nerve-to-muscle signaling, or evaluating the effectiveness of rehabilitation strategies. In contrast, electrocardiography (ECG) is specifically designed to measure the electrical activity of the heart, not muscles. Ultrasound imaging provides visual images of the internal structures, including muscles, but does not measure electrical activity. Magnetoencephalography (MEG) is a technique used primarily to measure the magnetic fields generated by neuronal activity in the brain, thus, it is not relevant for muscle activity recordings. Therefore, electromyography is the definitive choice for recording the electrical activity of muscles.

8. Which intervention technique aims at retraining through functional activities for neuromuscular conditions?

- A. Systems approach
- B. Task oriented approach**
- C. Functional mobility training
- D. Occupational therapy

The task-oriented approach focuses on retraining individuals through functional activities, which is particularly beneficial for those with neuromuscular conditions. This technique emphasizes the importance of engaging patients in meaningful and purposeful activities that mimic real-life tasks they need to perform, thus facilitating the learning and relearning of motor skills. By practicing these tasks in a controlled but functional context, patients can improve their movement patterns and adaptability, ultimately enhancing their overall functional independence. This approach is critical for neuromuscular conditions, as it takes into account the specific challenges the patient may face while performing daily activities. It encourages the development of strategies that are directly applicable to the individual's daily life, making the therapy sessions relevant and motivating. Through this method, therapists can tailor interventions to meet the specific needs of each patient, allowing for better engagement and retention of skills that are essential for their everyday activities.

9. What may result in a child demonstrating immature balance reactions at a young age?

- A. Developmental coordination disorder**
- B. Disability model
- C. Developmental delay
- D. Developmental milestones

A child exhibiting immature balance reactions at a young age can often be linked to developmental coordination disorder. This condition affects a child's physical coordination and movement skills, which can manifest in difficulties with balance and coordination tasks that other children their age may manage more easily. In this context, immature balance reactions can be indicative of challenges with motor planning and execution, which are hallmarks of developmental coordination disorder. Developmental milestones provide a framework for assessing typical development in children, outlining the expected skills at various ages. However, when milestones are not met or are significantly delayed, it can suggest conditions like developmental delays, yet they do not specifically pinpoint a disorder like developmental coordination disorder. The disability model relates to the broader understanding of how various disabilities impact functioning but does not directly address the specifics of balance and coordination issues. Each of these aspects can play a role in overall development, but it is the coordination disorder that most directly correlates with immature balance reactions in children.

10. What condition is characterized by a diminished ability to understand verbal or written communication?

- A. Expressive aphasia
- B. Receptive aphasia**
- C. Speech disorder
- D. Language impairment

The condition characterized by a diminished ability to understand verbal or written communication is receptive aphasia. This condition impacts a person's ability to process and comprehend language, whether spoken or written, making it challenging for them to understand what others are saying or to follow along with written text. Individuals with receptive aphasia may speak fluently but may produce nonsensical or irrelevant responses, as they struggle to grasp the meaning of the words they hear or read. Receptive aphasia often results from brain damage that affects the areas responsible for language comprehension, commonly seen in conditions such as stroke or traumatic brain injury. Understanding this condition's impact on communication can help in developing effective therapeutic interventions for those affected. In contrast, other conditions mentioned focus on different aspects of communication. Expressive aphasia, for instance, involves difficulty in producing speech or writing, rather than understanding it. Speech disorders may relate more specifically to issues with articulation or fluency rather than comprehension. Language impairment is a broader term that can encompass various difficulties, but receptive aphasia specifically pinpoints those issues related directly to understanding language.

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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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