

JTED Physical Therapy Technician (PTT) TSA Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2025 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain from reliable sources accurate, complete, and timely information about this product.

SAMPLE

Questions

- 1. Which massage technique focuses on applying pressure directly to specific points of the body?**
 - A. Petrissage**
 - B. Effleurage**
 - C. Friction**
 - D. Compression**
- 2. What is the purpose of myofascial release?**
 - A. To relieve pain and restore movement**
 - B. To improve cardiovascular function**
 - C. To enhance skin elasticity**
 - D. To stabilize joints during therapy**
- 3. What might not be a primary objective during a physical therapy session?**
 - A. Improving patient mobility**
 - B. Providing a supportive environment**
 - C. Evaluating surgical options**
 - D. Encouraging patient participation in therapy**
- 4. What is a therapeutic approach often used for pain management?**
 - A. Physical exercise only**
 - B. Cognitive-behavioral therapy (CBT)**
 - C. Medication alone**
 - D. Surgery**
- 5. Which component is essential for setting objectives in physical therapy?**
 - A. Timeframes**
 - B. Goals**
 - C. Interventions**
 - D. All of the above**

- 6. What term refers to the movement of a body part around its own axis?**
- A. Rotation**
 - B. Circumduction**
 - C. Extension**
 - D. Flexion**
- 7. What term is used to refer to inflammation of a joint?**
- A. Arthroplasty**
 - B. Arthroscopy**
 - C. Arthritis**
 - D. Arthralgia**
- 8. Which of the following is essential for effective rehabilitation outcomes?**
- A. Patient compliance with treatment protocols**
 - B. Frequency of therapy sessions only**
 - C. Complexity of treatment methods used**
 - D. Reliance on machine-based therapies alone**
- 9. What is a common goal in the rehabilitation of orthopedic conditions?**
- A. To increase muscle mass**
 - B. To improve cardiovascular health**
 - C. To restore functionality and reduce pain**
 - D. To enhance sports performance**
- 10. What does informed consent imply when granted?**
- A. Understanding of risks**
 - B. Immediate treatment**
 - C. Waiving of rights**
 - D. Complete confidentiality**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which massage technique focuses on applying pressure directly to specific points of the body?

- A. Petrissage**
- B. Effleurage**
- C. Friction**
- D. Compression**

The massage technique that focuses on applying pressure directly to specific points of the body is friction. This method involves moving the fingers or hands in a circular or back-and-forth motion over the skin, targeting specific areas where tension or pain exists. The purpose of friction is to increase circulation in those areas, break down scar tissue, and release muscle knots. This technique is particularly effective for localized issues and is often used to alleviate discomfort in muscles and joints, making it a valuable tool in physical therapy. While other techniques like petrissage involve kneading and squeezing, effleurage is a gliding stroke meant for relaxation and warming up the tissue, and compression adds a pressurized technique used more for relaxation and overall muscle tension reduction, none of these specifically isolate pressure onto particular points as friction does. Thus, understanding the nuances of friction helps recognize its role in targeted therapeutic approaches within physical therapy.

2. What is the purpose of myofascial release?

- A. To relieve pain and restore movement**
- B. To improve cardiovascular function**
- C. To enhance skin elasticity**
- D. To stabilize joints during therapy**

The purpose of myofascial release is to relieve pain and restore movement. This therapeutic technique focuses on manipulating the myofascial tissue, which is the connective tissue surrounding muscles throughout the body. By applying gentle, sustained pressure to this tissue, myofascial release helps to alleviate restrictions, reduce muscle tension, and improve blood circulation. As a result, this can lead to enhanced mobility and decreased pain in the affected areas. The emphasis on pain relief and movement restoration is central to the effectiveness of myofascial release. It is particularly beneficial for individuals experiencing chronic pain conditions or restrictions due to trauma, overuse, or other injuries. Thus, option A accurately captures the essence of what myofascial release aims to achieve in physical therapy.

3. What might not be a primary objective during a physical therapy session?

- A. Improving patient mobility**
- B. Providing a supportive environment**
- C. Evaluating surgical options**
- D. Encouraging patient participation in therapy**

Choosing "evaluating surgical options" as the answer reflects an understanding of the distinct roles within healthcare, particularly in the context of physical therapy. Physical therapy primarily focuses on rehabilitation through exercises, modalities, and manual techniques to enhance a patient's physical abilities and reduce pain. The primary objectives of a physical therapy session typically revolve around improving mobility, providing support, and encouraging active participation from the patient to foster better recovery outcomes. On the other hand, evaluating surgical options usually falls under the purview of surgeons or physicians, who are trained to assess medical conditions and consider surgical interventions based on diagnostic evaluations. While physical therapists may work in collaboration with surgeons and can provide feedback regarding the patient's progress or need for further intervention, the direct assessment and recommendation of surgical options is not a primary function of their role. This distinction is crucial in understanding the scope of practice for physical therapists and the collaborative efforts among healthcare professionals.

4. What is a therapeutic approach often used for pain management?

- A. Physical exercise only**
- B. Cognitive-behavioral therapy (CBT)**
- C. Medication alone**
- D. Surgery**

Cognitive-behavioral therapy (CBT) is a therapeutic approach that is widely recognized for its effectiveness in pain management. This method focuses on identifying and changing negative thought patterns and behaviors, which can significantly affect a person's experience of pain. By addressing the psychological aspects of pain, CBT helps individuals develop coping strategies, reduce anxiety, and improve their overall quality of life. In the context of pain management, CBT is particularly useful because it empowers patients to take an active role in their treatment by changing their thoughts and behaviors related to pain. This can lead to a reduction in perceived pain levels and an improved ability to manage chronic pain conditions. Other approaches, such as physical exercise, medication, or surgery, may also play a role in pain management, but they do not encompass the psychological component that CBT provides. Each of those alternatives tends to focus more on physical interventions or symptom relief rather than addressing the cognitive and emotional factors that influence pain perception.

5. Which component is essential for setting objectives in physical therapy?

- A. Timeframes**
- B. Goals**
- C. Interventions**
- D. All of the above**

Setting objectives in physical therapy is a comprehensive process that includes all the essential components, which are timeframes, goals, and interventions. Each of these components plays a crucial role in ensuring that the objectives are clear, measurable, and achievable. Timeframes are necessary because they provide a schedule for when specific outcomes should be reached. This helps in tracking progress and adjusting the treatment plan as needed. Goals are fundamental as they outline what the patient aims to achieve through therapy, serving as a guide for both the therapist and the patient. These goals often focus on improving function, reducing pain, or enhancing overall quality of life. Interventions are the methods and techniques employed to help the patient achieve their goals. They can range from exercises to manual therapy and modalities, and the chosen interventions must align with the established objectives. Each of these elements is interdependent. Without clear goals, it's challenging to define effective interventions or set appropriate timeframes. Likewise, timeframes and interventions must align with the goals to ensure the treatment plan is coherent and effective. Thus, recognizing that all of these components work together is key to successful objective setting in physical therapy.

6. What term refers to the movement of a body part around its own axis?

- A. Rotation**
- B. Circumduction**
- C. Extension**
- D. Flexion**

The term that refers to the movement of a body part around its own axis is rotation. This movement involves a bone or body part turning in a circular motion around its central point or axis. For example, when you turn your head side to side, your neck vertebrae are allowing for rotation. This is distinct from other types of movements: circumduction refers to moving the limb in a circular manner but involves a combination of movements at multiple joints, while extension and flexion are specific movements related to increasing or decreasing the angle between two body parts, such as straightening or bending a limb. Understanding these distinctions is key to grasping how different joints and muscles facilitate movement in the body.

7. What term is used to refer to inflammation of a joint?

- A. Arthroplasty**
- B. Arthroscopy**
- C. Arthritis**
- D. Arthralgia**

The term "arthritis" specifically refers to inflammation of a joint. It encompasses various types, including osteoarthritis and rheumatoid arthritis, which are characterized by joint pain, swelling, stiffness, and reduced range of motion. Understanding this term is important in physical therapy and related fields as it lays the groundwork for diagnosing and treating conditions associated with joint inflammation. The other terms mentioned relate to different aspects of joint health and treatment. For instance, "arthroplasty" refers to a surgical procedure to repair or replace a damaged joint, while "arthroscopy" is a minimally invasive surgical technique used to visualize and treat issues within a joint. "Arthralgia," on the other hand, describes joint pain without necessarily indicating inflammation. Hence, while they are all related to joint health, "arthritis" is the specific term that directly addresses joint inflammation.

8. Which of the following is essential for effective rehabilitation outcomes?

- A. Patient compliance with treatment protocols**
- B. Frequency of therapy sessions only**
- C. Complexity of treatment methods used**
- D. Reliance on machine-based therapies alone**

Patient compliance with treatment protocols is essential for effective rehabilitation outcomes because it directly impacts a patient's ability to achieve their recovery goals. When patients adhere to prescribed treatments, exercises, and lifestyle modifications, they are more likely to experience improved function, reduced pain, and enhanced overall health. Compliance ensures that the therapeutic interventions performed are effective and allows the healthcare team to gauge the patient's progress accurately. In rehabilitation, a collaborative effort between the therapist and the patient is crucial; the therapist provides the guidance and the patient's commitment to engage with the treatment is what ultimately drives success. While factors such as the frequency of therapy sessions, complexity of treatment methods, and reliance on machine-based therapies can influence the rehabilitation process, they are secondary to the patient's engagement and adherence. If a patient does not comply with their treatment plan, the benefits of even the most sophisticated therapies may be diminished. Thus, patient compliance is the cornerstone for achieving optimal rehabilitation outcomes.

9. What is a common goal in the rehabilitation of orthopedic conditions?

- A. To increase muscle mass**
- B. To improve cardiovascular health**
- C. To restore functionality and reduce pain**
- D. To enhance sports performance**

The primary goal in the rehabilitation of orthopedic conditions is to restore functionality and reduce pain. This focus is critical because orthopedic injuries often impact a patient's ability to perform daily activities and maintain mobility. The rehabilitation process typically involves assessing the injury, managing pain through various techniques, strengthening affected areas, and gradually reintegrating the patient into normal activities or exercise. Restoring functionality is essential for improving the quality of life as it allows individuals to return to their work, hobbies, and other daily tasks. Reducing pain is equally important, as chronic pain can hinder recovery and lead to further complications, both physical and psychological. In contrast to this correct option, increasing muscle mass may be a part of rehabilitation in some cases, but it is not the primary goal since the immediate focus is often on addressing pain and restoring basic function first. Improving cardiovascular health is generally more relevant in a broader fitness context rather than specifically in orthopedic rehabilitation. Enhancing sports performance, while important for athletes, is typically a secondary consideration after ensuring that the patient can function normally without pain or restrictions following their injury.

10. What does informed consent imply when granted?

- A. Understanding of risks**
- B. Immediate treatment**
- C. Waiving of rights**
- D. Complete confidentiality**

Informed consent implies that the patient has a clear understanding of the risks, benefits, and potential outcomes related to a proposed treatment or procedure. It is a fundamental ethical and legal requirement in healthcare, ensuring that patients make knowledgeable decisions about their care. This understanding includes the potential risks involved, allowing the patient to weigh the benefits against any dangers before consenting to treatment. The other options do not accurately capture the essence of informed consent. While immediate treatment may be a desired outcome, informed consent itself does not guarantee that treatment will occur right away. Waiving of rights is contrary to the principles of informed consent, as it requires that patients maintain their rights to make decisions about their own health. Lastly, the concept of complete confidentiality relates to patient privacy and is important in healthcare, but it is not a specific component of the informed consent process. Overall, the focus is on the patient's comprehension of the risks associated with their care.