

JTED Physical Therapy Technician (PTT) TSA 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. What describes a patient's ability to complete motion unassisted?**
 - A. Passive ROM**
 - B. Active Range of Motion (AROM)**
 - C. Isometric**
 - D. Transfer Motion**

- 2. Which structures make up the Central Nervous System (CNS)?**
 - A. Brain and Spinal Cord**
 - B. Brain and Peripheral nerves**
 - C. Spinal Cord and Nerves**
 - D. Brain and Cerebellum**

- 3. What critical aspect should a PTT provide in terms of patient education regarding fall prevention?**
 - A. Recommending higher physical activity levels**
 - B. Teaching the importance of environmental safety**
 - C. Promoting aggressive exercise techniques**
 - D. Advising patients to limit their activities**

- 4. Which strategy is effective for promoting exercise adherence in patients?**
 - A. Setting unrealistic goals**
 - B. Personalizing the exercise program based on interests**
 - C. Limiting patient engagement**
 - D. Focusing only on verbal instructions**

- 5. What term in medicine describes difficulty or labored breathing?**
 - A. Apnea**
 - B. Dyspnea**
 - C. Bradypnea**
 - D. Tachypnea**

- 6. What is the term used for the straightening of a body part or joint?**
- A. Flexion**
 - B. Extension**
 - C. Adduction**
 - D. Rotation**
- 7. Which term refers to the bending of a joint or body part?**
- A. Extension**
 - B. Flexion**
 - C. Adduction**
 - D. Abduction**
- 8. What muscle is located in the upper arm and assists with shoulder abduction?**
- A. Trapezius**
 - B. Deltoid**
 - C. Biceps brachii**
 - D. Coracobrachialis**
- 9. What does HIPAA stand for?**
- A. Health Insurance Privacy Protection Act**
 - B. Health Insurance Portability and Accountability Act**
 - C. Health Information Protocol and Accountability Act**
 - D. Health Insurance Protocol and Administration Act**
- 10. 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**

Answers

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

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Explanations

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1. What describes a patient's ability to complete motion unassisted?

- A. Passive ROM
- B. Active Range of Motion (AROM)**
- C. Isometric
- D. Transfer Motion

Active Range of Motion (AROM) describes a patient's ability to complete motion unassisted. This term refers to the movement that a patient can achieve independently, using their own muscle strength without assistance or support. AROM is a critical aspect of physical therapy as it demonstrates a patient's level of strength and control over their joints and muscles. In contrast, passive range of motion (PRM) involves movement that is performed by an external force, such as a therapist or another person, without the patient's own muscle effort. Isometric refers to a type of muscle contraction where the muscle length does not change while contracting; this is not related to the ability to move a joint. Transfer motion involves the ability to move from one position to another, such as from sitting to standing, which does not specifically capture the concept of completing motion unassisted. Therefore, AROM is the correct term that encapsulates this ability.

2. Which structures make up the Central Nervous System (CNS)?

- A. Brain and Spinal Cord**
- B. Brain and Peripheral nerves
- C. Spinal Cord and Nerves
- D. Brain and Cerebellum

The Central Nervous System (CNS) is composed of the brain and the spinal cord. This structure is crucial because the brain serves as the control center for processing information, decision-making, and coordinating bodily functions, while the spinal cord acts as a conduit for signals between the brain and the rest of the body. Together, they play a fundamental role in integrating sensory information and coordinating motor responses. The brain includes various parts such as the cerebrum, cerebellum, and brainstem, but the key defining aspect of the CNS is that it encompasses both the brain and the spinal cord. Other options refer to structures outside of the CNS, such as peripheral nerves, which belong to the Peripheral Nervous System (PNS) and are responsible for transmitting information to and from the CNS. The terminology involved helps to clearly delineate the difference in function and structure between the CNS and PNS, reinforcing the understanding of how these systems work together in the body.

3. What critical aspect should a PTT provide in terms of patient education regarding fall prevention?

- A. Recommending higher physical activity levels**
- B. Teaching the importance of environmental safety**
- C. Promoting aggressive exercise techniques**
- D. Advising patients to limit their activities**

Focusing on environmental safety is a crucial aspect of fall prevention education that a Physical Therapy Technician should emphasize. A significant number of falls occur due to hazards in a patient's environment, such as loose rugs, poor lighting, or obstacles in pathways. By teaching patients how to identify and eliminate these risks, as well as how to create a safer living space, the likelihood of falls can be substantially reduced. This aspect of patient education not only empowers patients to take control of their safety but also promotes ongoing awareness and modification of their surroundings. Other options, while potentially relevant in a broader sense, do not specifically target the immediate environmental factors that contribute to falls. For instance, recommending higher physical activity levels or promoting aggressive exercise techniques may inadvertently increase a patient's risk if they are not yet capable of handling those activities safely, particularly if their environment is not conducive to such levels of physical exertion. Advising patients to limit their activities can lead to decreased mobility and fitness levels, which can also increase the risk of falls by weakening muscles and balance. Thus, emphasizing the importance of environmental safety stands out as the most effective and immediate strategy for fall prevention.

4. Which strategy is effective for promoting exercise adherence in patients?

- A. Setting unrealistic goals**
- B. Personalizing the exercise program based on interests**
- C. Limiting patient engagement**
- D. Focusing only on verbal instructions**

Personalizing the exercise program based on interests is effective for promoting exercise adherence in patients because it aligns the prescribed activities with what the individual enjoys and values. When patients are engaged in exercises that resonate with their interests and preferences, they are more likely to view these activities positively and incorporate them into their daily routines. This personal connection can enhance motivation and enjoyment, making it easier for patients to stick to their exercise plans long-term. Additionally, incorporating an element of choice empowers patients, which can further strengthen their commitment to their exercise regimens. By tailoring programs to individual needs, healthcare providers can support better health outcomes and foster a more sustainable exercise habit.

5. What term in medicine describes difficulty or labored breathing?

- A. Apnea**
- B. Dyspnea**
- C. Bradypnea**
- D. Tachypnea**

The term that describes difficulty or labored breathing is dyspnea. This condition can manifest in various ways, such as shortness of breath during physical activity or at rest, and is often a symptom of underlying health issues affecting the respiratory or cardiovascular systems. Dyspnea is significant in both clinical and therapeutic settings as it guides healthcare providers in diagnosing and managing respiratory conditions, such as asthma, chronic obstructive pulmonary disease (COPD), or heart failure. The other terms refer to different respiratory conditions, which helps clarify why they do not fit as the correct answer. Apnea refers to a temporary cessation of breathing, often seen in sleep disorders. Bradypnea indicates an abnormally slow respiratory rate, while tachypnea refers to an abnormally rapid respiratory rate. Understanding the distinctions between these terms emphasizes why dyspnea specifically denotes difficulty or labored breathing.

6. What is the term used for the straightening of a body part or joint?

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

The term that describes the straightening of a body part or joint is "extension." When a joint is extended, the angle between the bones increases, restoring the body part to its anatomical position after being flexed. This movement is essential in various activities, as it allows for increased range of motion and contributes to overall mobility. For example, when you straighten your elbow after bending it, you are performing an extension movement. Other terms in the choices refer to different types of movements: flexion involves bending a body part, adduction refers to moving a body part toward the midline of the body, and rotation denotes the circular movement around an axis. Understanding these definitions clarifies why extension is the correct term for straightening a joint or body part.

7. Which term refers to the bending of a joint or body part?

A. Extension

B. Flexion

C. Adduction

D. Abduction

Flexion is the term that refers to the bending of a joint or body part. This movement decreases the angle between two body parts, bringing them closer together. For example, when you bend your elbow to bring your hand toward your shoulder, you are performing flexion at the elbow joint. Similarly, when you bend your knee to bring your heel closer to your buttocks, that action is also considered flexion. This basic motion is essential in many physical activities and functional movements, making it a fundamental concept in anatomy and physical therapy. In contrast, extension refers to the straightening of a joint, increasing the angle between body parts. Adduction and abduction describe movements toward and away from the midline of the body, respectively, rather than bending at a joint. Understanding these terms is important for anyone studying physical therapy or anatomy, as they describe key movements that are frequently assessed and utilized in rehabilitation and exercise.

8. What muscle is located in the upper arm and assists with shoulder abduction?

A. Trapezius

B. Deltoid

C. Biceps brachii

D. Coracobrachialis

The muscle that is located in the upper arm and plays a key role in shoulder abduction is the deltoid. The deltoid muscle is shaped like an inverted triangle and covers the shoulder joint. It consists of three distinct parts: the anterior (front), lateral (middle), and posterior (back) fibers. The lateral fibers are specifically responsible for shoulder abduction, allowing the arm to move away from the body. During shoulder abduction, particularly from about 15 to 90 degrees of movement, the deltoid muscle is vital for lifting the arm sideways. When the arm is raised, the deltoid contracts, which helps stabilize the shoulder joint and facilitates movement. This makes the deltoid essential for various activities that involve lifting the arm to the side or overhead. Other muscles mentioned, while important for various functions, do not primarily assist in shoulder abduction. The trapezius is more involved in scapular movement and stabilization rather than direct arm abduction. The biceps brachii is primarily a flexor of the elbow and assists with shoulder flexion but does not contribute significantly to abduction. The coracobrachialis assists in flexing and adducting the arm but not in abduction. This anatomical

9. What does HIPAA stand for?

- A. Health Insurance Privacy Protection Act
- B. Health Insurance Portability and Accountability Act**
- C. Health Information Protocol and Accountability Act
- D. Health Insurance Protocol and Administration Act

The acronym HIPAA stands for the Health Insurance Portability and Accountability Act. This federal law, enacted in 1996, has significant implications for the healthcare industry, particularly in the realms of patient privacy and the handling of medical information. One of the primary objectives of HIPAA is to ensure that individuals can maintain their health insurance coverage when they change or lose their jobs. It also includes provisions that protect the confidentiality and security of healthcare information. This means that healthcare providers, insurers, and their business associates must take specific steps to safeguard patient data, thereby reinforcing the importance of patient privacy in healthcare practices. The other options provided do not accurately reflect the title or intent of the legislation. They contain variations of terms related to healthcare, but they do not capture the full scope and purpose of the actual law. Understanding the correct terminology and implications of HIPAA is crucial for professionals in the healthcare field, especially in roles that involve handling patient information.

10. 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.

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://jtedptttsa.examzify.com>

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

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