

JTED PHYSICAL THERAPY TECHNICIAN (PTT) TSA PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. Which interpersonal skill is most important for a physical therapy technician when interacting with patients?**
 - A. Assertiveness
 - B. Empathy
 - C. Technical expertise
 - D. Negotiation
- 2. What is the primary function of a heat pack in therapy?**
 - A. To increase strength in muscles
 - B. To relax muscles and improve circulation
 - C. To provide pain relief through cold
 - D. To enhance flexibility in joints
- 3. What suffix denotes inflammation?**
 - A. -oma
 - B. -itis
 - C. -osis
 - D. -opathy
- 4. What term describes a massage technique that utilizes long sweeping strokes?**
 - A. Tapotement
 - B. Petrissage
 - C. Effleurage
 - D. Compression
- 5. Which two assessments are commonly used to evaluate strength?**
 - A. Manual muscle testing and functional strength tests
 - B. Flexibility tests and balance assessments
 - C. Endurance tests and coordination assessments
 - D. Cardiovascular tests and agility drills

- 6. What does active listening entail in a physical therapy context?**
- A. Taking notes during patient appointments
 - B. Responding quickly to patient questions
 - C. Understanding and reflecting on what the patient says
 - D. Interrupting patients for clarity
- 7. What should a home exercise program include?**
- A. Exercises tailored to the patient's goals, safe instructions, and frequency
 - B. A checklist of all exercises and equipment needed
 - C. Only stretching activities for flexibility
 - D. High-intensity workouts to accelerate recovery
- 8. Which term describes the act of damaging someone's reputation?**
- A. Defamation
 - B. Libel
 - C. Slander
 - D. Malpractice
- 9. How do assistive devices assist physical therapy patients?**
- A. By providing entertainment
 - B. By facilitating movement and independence
 - C. By enhancing therapeutic exercises
 - D. By monitoring vital signs
- 10. What is a contraindication for applying heat therapy?**
- A. Chronic pain
 - B. Acute inflammation
 - C. Minor bruises
 - D. Muscle stiffness

Answers

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

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Explanations

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1. Which interpersonal skill is most important for a physical therapy technician when interacting with patients?

- A. Assertiveness
- B. Empathy**
- C. Technical expertise
- D. Negotiation

The importance of empathy as the most crucial interpersonal skill for a physical therapy technician lies in its fundamental role in establishing a trusting relationship with patients. Empathy involves the ability to understand and share the feelings of another, which is especially vital in healthcare settings. Patients may come in feeling vulnerable or anxious about their condition or treatment, and a technician who demonstrates empathy can help alleviate those feelings by acknowledging their concerns and validating their experiences. Moreover, empathy fosters effective communication. When a technician is empathetic, they are more likely to engage with patients in a way that encourages open dialogue. This communication is essential for gathering accurate information about the patient's condition, understanding their needs, and ensuring they feel comfortable and supported throughout their treatment. Building this emotional connection can lead to better patient outcomes, as patients are more likely to adhere to treatment recommendations and express any concerns or feedback. In contrast, while assertiveness, technical expertise, and negotiation are valuable skills in a physical therapy setting, they do not address the emotional and psychological needs of the patient as directly as empathy does. Technical expertise is necessary for providing effective treatments, but without empathy, the patient may not feel understood or cared for, which can hinder their progress and overall satisfaction with therapy.

2. What is the primary function of a heat pack in therapy?

- A. To increase strength in muscles
- B. To relax muscles and improve circulation**
- C. To provide pain relief through cold
- D. To enhance flexibility in joints

The primary function of a heat pack in therapy is to relax muscles and improve circulation. When heat is applied to an area of the body, it causes the blood vessels to dilate, increasing blood flow. This enhanced circulation can help deliver more oxygen and nutrients to the tissues while also aiding in the removal of metabolic waste. The heat relaxes muscle fibers, which can reduce muscle tension, alleviate stiffness, and improve overall comfort. Consequently, heat therapy is often used for conditions like chronic pain, muscle spasms, and stress. Taking into consideration the other options, while increasing muscle strength, providing pain relief through cold, and enhancing flexibility in joints are important aspects of physical therapy, they do not adequately represent the primary purpose of applying heat as a therapeutic measure. Each of those approaches utilizes different modalities or techniques suited for specific therapeutic goals, whereas heat specifically targets relaxation and circulation.

3. What suffix denotes inflammation?

- A. -oma
- B. -itis**
- C. -osis
- D. -opathy

The suffix that denotes inflammation is **-itis**. In medical terminology, this suffix is used to indicate swelling and irritation of a tissue or organ. When added to the root of a word, it conveys that the subject is suffering from inflammation in that specific area. For instance, conditions like "arthritis" refer to inflammation of the joints, while "dermatitis" points to inflammation of the skin. This understanding reinforces the significance of using the correct suffix to accurately describe various medical conditions, particularly those involving inflammatory processes. The other suffixes serve different meanings: "-oma" generally refers to a tumor or growth, "-osis" indicates a condition or disease, often implying a process or abnormal state, and "-opathy" suggests a disease or disorder related to a specific organ or system. Understanding these distinctions is crucial for effective communication in the medical field.

4. What term describes a massage technique that utilizes long sweeping strokes?

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

The term that describes a massage technique utilizing long sweeping strokes is effleurage. This technique involves gliding strokes that are typically performed with the palms of the hands. Effleurage is often used at the beginning and end of a massage session to help relax the client, warm up the muscles, and prepare the body for deeper techniques. Its smooth, rhythmic motions can also promote blood circulation and lymphatic drainage, making it an essential component of many massage therapies.

5. Which two assessments are commonly used to evaluate strength?

- A. Manual muscle testing and functional strength tests**
- B. Flexibility tests and balance assessments
- C. Endurance tests and coordination assessments
- D. Cardiovascular tests and agility drills

The selection of manual muscle testing and functional strength tests as commonly used assessments to evaluate strength is appropriate due to their specific focus on measuring muscle strength and overall functional capability. Manual muscle testing involves assessing the strength of individual muscles or muscle groups through resistance applied by the examiner, allowing for precise identification of weaknesses or imbalances. This method provides valuable insight into muscle function, which is critical in rehabilitation settings. Functional strength tests evaluate a person's ability to perform movements that are representative of real-life activities. These tests often focus on tasks such as squatting, lifting, or reaching, thereby assessing not only muscle strength but also how well that strength translates into functional performance. Together, these assessments help clinicians develop targeted treatment plans to improve a patient's strength and mobility. The other choices involve assessments that do not specifically target strength. Flexibility tests and balance assessments focus on range of motion and stability, endurance tests and coordination assessments evaluate stamina and the ability to execute movements smoothly, while cardiovascular tests and agility drills concentrate on heart health and quickness, respectively. Thus, these options do not align with the primary goal of assessing muscle strength.

6. What does active listening entail in a physical therapy context?

- A. Taking notes during patient appointments
- B. Responding quickly to patient questions
- C. Understanding and reflecting on what the patient says**
- D. Interrupting patients for clarity

Active listening in a physical therapy context is fundamentally about understanding and reflecting on what the patient says. This involves more than just hearing the words; it requires the therapist to be fully engaged, paying attention to both verbal and non-verbal cues. When a therapist practices active listening, they show empathy and validation, which helps build rapport with the patient. This technique not only assists in accurately assessing the patient's condition but also fosters an environment where patients feel comfortable sharing their concerns and needs. Engaging in this way enables therapists to provide better care tailored to each individual's situation, ultimately enhancing the therapeutic relationship and outcomes. Taking notes during appointments is necessary for record-keeping but can detract from the therapist's ability to fully engage with the patient. Quick responses to questions may not demonstrate true understanding, as they do not allow time for reflection on the patient's needs. Interrupting patients, although sometimes done for clarity, can disrupt the flow of communication and may cause patients to feel unheard or frustrated. Thus, active listening stands out as the most effective approach in fostering a meaningful dialogue between therapist and patient.

7. What should a home exercise program include?

- A. Exercises tailored to the patient's goals, safe instructions, and frequency**
- B. A checklist of all exercises and equipment needed
- C. Only stretching activities for flexibility
- D. High-intensity workouts to accelerate recovery

A home exercise program should comprehensively address the individual needs and circumstances of the patient. This includes exercises specifically tailored to the patient's unique goals, such as improving strength, enhancing mobility, or increasing endurance. Providing safe and clear instructions is crucial to ensure that patients perform the exercises correctly and reduce the risk of injury. Additionally, outlining the frequency of these exercises helps to establish a routine that can lead to optimal recovery and progress. While checklists can be helpful, they do not encompass the critical aspects of personalization and safety that a tailored program provides. Similarly, focusing solely on stretching activities or high-intensity workouts does not take into consideration the variety of exercise types that may be necessary for complete rehabilitation. A balanced approach, as indicated in the correct choice, offers a more holistic and effective framework for a patient's home exercise routine.

8. Which term describes the act of damaging someone's reputation?

A. Defamation

B. Libel

C. Slander

D. Malpractice

Defamation is the umbrella term used to describe the act of damaging someone's reputation through false statements. It encompasses both written and spoken forms of damaging information. When someone engages in defamation, they tarnish another person's character or reputation, which can lead to serious personal, professional, and legal consequences. Libel and slander are specific forms of defamation. Libel refers to defamation in a written format, while slander pertains to spoken defamation. Malpractice, on the other hand, refers to professional negligence by a professional who fails to provide the expected standard of care, which is not directly related to damaging someone's reputation. Understanding these distinctions is important because they highlight how reputation is affected in different contexts and the legal implications associated with each form of defamation.

9. How do assistive devices assist physical therapy patients?

A. By providing entertainment

B. By facilitating movement and independence

C. By enhancing therapeutic exercises

D. By monitoring vital signs

The correct answer is B, as assistive devices are specifically designed to help individuals with functional limitations improve their mobility and independence. These devices range from simple tools, such as canes and walkers, to more complex equipment, like wheelchairs and prosthetics. By enabling patients to move more easily and safely, assistive devices play a crucial role in the rehabilitation process, allowing them to perform daily activities with greater ease and confidence. This support is vital for enhancing their overall quality of life and promoting self-sufficiency in various environments. While the other options mention aspects of patient care and rehabilitation, they do not accurately describe the primary function of assistive devices. For example, while enhancing therapeutic exercises is important, it is not the main purpose of assistive devices. Similarly, providing entertainment or monitoring vital signs does not align with the core use of these tools in aiding movement and independence during therapy sessions.

10. What is a contraindication for applying heat therapy?

A. Chronic pain

B. Acute inflammation

C. Minor bruises

D. Muscle stiffness

Heat therapy is a common modality used in physical therapy to promote relaxation, decrease muscle tension, and increase blood flow to an area. However, applying heat therapy is contraindicated in the presence of acute inflammation. When inflammation occurs, the affected tissues are often warm, swollen, and painful due to increased blood flow and immune response. Applying heat in these situations can exacerbate the inflammation process by increasing blood flow even further, which may lead to greater swelling, increased pain, and prolonged healing time. Instead of heat, cold therapy is typically recommended in acute inflammatory situations, as it helps reduce swelling and numbs pain. This understanding is crucial for effective treatment planning 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://jtedpttsa.examzify.com>

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

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