

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

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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 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
- 2. What assessment tool is commonly used to measure a patient's pain level?**
 - A. Body Mass Index (BMI)
 - B. Visual Analog Scale (VAS)
 - C. Functional Reach Test
 - D. Timed Up and Go Test
- 3. Which movement is characterized by the circular motion of a body part?**
 - A. Circumduction
 - B. Flexion
 - C. Adduction
 - D. Rotation
- 4. Describe "core strengthening" as a therapeutic goal.**
 - A. To minimize muscle bulk for aesthetics
 - B. To enhance stability and support for the spine and pelvis through targeted exercises
 - C. To increase cardiovascular endurance
 - D. To promote flexibility in the lower body
- 5. What does documenting progress notes entail?**
 - A. Recording a patient's response to treatment and changes in their condition
 - B. Logging appointment scheduling details
 - C. Tracking paperwork related to insurance claims
 - D. Writing a summary of physical therapy techniques used
- 6. What is the role of electrical stimulation in therapy?**
 - A. To control pain, improve muscle function, and promote tissue healing
 - B. To enhance cognitive function and memory
 - C. To provide structural support to the limbs
 - D. To accelerate the healing of broken bones

- 7. Which term refers to defamation that occurs through spoken words?**
- A. Malpractice
 - B. Defamation
 - C. Slander
 - D. Libel
- 8. 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
- 9. What is the semi-sitting position with the head of the bed raised 45-60° called?**
- A. Supine Position
 - B. Fowler's Position
 - C. Trendelenburg Position
 - D. Sitting Position
- 10. What are some common myths associated with physical therapy?**
- A. It's only for athletes or it is always painful
 - B. It requires hospitalization
 - C. All treatments are covered by insurance
 - D. It can only be effective if done for long periods

Answers

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

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Explanations

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1. 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.

2. What assessment tool is commonly used to measure a patient's pain level?

- A. Body Mass Index (BMI)
- B. Visual Analog Scale (VAS)**
- C. Functional Reach Test
- D. Timed Up and Go Test

The Visual Analog Scale (VAS) is a widely utilized assessment tool specifically designed to measure a patient's pain level. This tool consists of a straight line, often 10 centimeters long, with end points that indicate the extremes of pain intensity—typically no pain on one end and the worst pain possible on the other. Patients are asked to mark a point on this line that corresponds to their perceived level of pain, which can then be quantitatively measured. This method allows for a simple yet effective means of assessing pain in various clinical settings, making it invaluable in physical therapy. The sensitivity of the VAS to changes in pain over time also aids clinicians in tracking the effectiveness of treatment interventions and adjusting them as needed. In contrast, Body Mass Index (BMI) focuses on measuring body fat based on height and weight, making it unrelated to pain assessment. The Functional Reach Test evaluates a patient's balance and stability, and the Timed Up and Go Test assesses mobility and fall risk. While all these assessments are important in the comprehensive care of patients, only the Visual Analog Scale directly targets pain perception and quantification.

3. Which movement is characterized by the circular motion of a body part?

A. Circumduction

B. Flexion

C. Adduction

D. Rotation

The correct answer is circumduction, which refers to a specific type of movement that involves a circular motion of a body part. This movement occurs at joints and is characterized by a combination of flexion, extension, abduction, and adduction, resulting in a conical or circular path. For example, when you move your arm in a circular motion or when your hips rotate during a dance move, you are executing circumduction. In contrast, flexion involves decreasing the angle between two body parts, such as bending the elbow or knee. Adduction refers to the movement of a limb toward the midline of the body, while rotation involves moving a body part around its own axis. Each of these movements has a distinct mechanism and purpose that does not involve a circular trajectory like circumduction does. Hence, circumduction is unique in its definition and application, making it the correct choice.

4. Describe "core strengthening" as a therapeutic goal.

A. To minimize muscle bulk for aesthetics

B. To enhance stability and support for the spine and pelvis through targeted exercises

C. To increase cardiovascular endurance

D. To promote flexibility in the lower body

Core strengthening as a therapeutic goal focuses on enhancing stability and support for the spine and pelvis through targeted exercises. This is crucial because a strong core plays a vital role in overall body mechanics, stability, and posture. It helps safeguard the spine from injury, supports the pelvis during various physical activities, and is foundational for effective movement patterns. By engaging in core strengthening exercises, individuals can improve their ability to maintain proper posture, enhance athletic performance, and reduce the risk of injuries related to weak core muscles. This approach not only facilitates better support for the spine and pelvis but also contributes to functional movement in everyday activities and sports. Other options such as minimizing muscle bulk for aesthetics, increasing cardiovascular endurance, or promoting flexibility in the lower body, do not address the primary objective of core strengthening, which is stabilizing and supporting the core structure for functional strength and injury prevention.

5. What does documenting progress notes entail?

A. Recording a patient's response to treatment and changes in their condition

B. Logging appointment scheduling details

C. Tracking paperwork related to insurance claims

D. Writing a summary of physical therapy techniques used

Documenting progress notes is a crucial component of a physical therapy technician's responsibilities and involves accurately recording a patient's response to treatment and any changes in their condition over time. This documentation is essential for several reasons. It helps to monitor the effectiveness of the therapy being provided, allowing for adjustments to be made if necessary to enhance treatment outcomes. Additionally, progress notes serve as a communication tool among healthcare professionals, ensuring that everyone involved in the patient's care is aware of their current status and treatment progress. By focusing on the response to treatment and condition changes, these notes provide a comprehensive view of the patient's journey through therapy, while also serving as a legal document if needed for future references. This level of detailed documentation emphasizes the importance of tracking the patient's rehabilitation process and measuring progress against established goals.

6. What is the role of electrical stimulation in therapy?

- A. To control pain, improve muscle function, and promote tissue healing
- B. To enhance cognitive function and memory
- C. To provide structural support to the limbs
- D. To accelerate the healing of broken bones

The role of electrical stimulation in therapy encompasses various therapeutic benefits, including the control of pain, improvement of muscle function, and promotion of tissue healing. Electrical stimulation works by delivering electrical impulses to targeted areas of the body, which can aid in the management of pain through the activation of pain relief mechanisms. It can block pain signals sent to the brain and can also facilitate the release of endorphins, the body's natural pain-relievers. In terms of muscle function, electrical stimulation can help stimulate muscle contractions when patients are unable to actively use their muscles, thereby assisting in rehabilitation and recovery. This can prevent muscle atrophy and help restore strength and function over time. Furthermore, electrical stimulation has been shown to enhance the healing process of tissues by improving circulation and promoting cellular activities, which are essential for recovery. These established roles underscore the importance of electrical stimulation as a multifaceted tool in physical therapy treatments, distinguishing it from other options that do not reflect its primary therapeutic applications.

7. Which term refers to defamation that occurs through spoken words?

- A. Malpractice
- B. Defamation
- C. Slander
- D. Libel

The term that refers to defamation occurring through spoken words is indeed slander. Slander is characterized by the oral communication of false statements that damage a person's reputation. It is important to differentiate slander from libel, which pertains to defamation in written form. Understanding the distinction between these terms is crucial because it impacts the legal implications of each type of defamation. In the context of defamation, slander typically requires proof that the spoken statements were not only false but also harmful to the person's character. This concept of harm is essential in legal cases, emphasizing that mere offensive speech may not constitute slander unless it has caused tangible damage to a person's reputation. This clarity helps in legal situations where individuals might seek recourse for reputational harm caused by oral statements.

8. 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.

9. What is the semi-sitting position with the head of the bed raised 45-60° called?

- A. Supine Position
- B. Fowler's Position**
- C. Trendelenburg Position
- D. Sitting Position

The semi-sitting position with the head of the bed raised at an angle of 45-60° is known as Fowler's Position. This position is commonly used in healthcare settings, particularly in physical therapy and nursing, to facilitate breathing and improve patient comfort. When a patient is in Fowler's Position, gravity helps in lung expansion, making it easier for them to breathe, especially in individuals with respiratory issues. It also provides a comfortable position for patients who may be experiencing pain or discomfort, allowing them to engage in conversation or eat more easily. In contrast, the supine position refers to a person lying flat on their back, which does not offer the same benefits in terms of breathing and comfort. The Trendelenburg Position involves laying a person flat with their legs elevated, which is used in cases of shock or to promote venous return to the heart, and it is not at a semi-sitting angle. The sitting position can refer to a variety of upright postures but does not specify the elevation of the head of the bed inherently like Fowler's Position does. Therefore, Fowler's Position is the most accurate term for the described semi-sitting position.

10. What are some common myths associated with physical therapy?

- A. It's only for athletes or it is always painful**
- B. It requires hospitalization
- C. All treatments are covered by insurance
- D. It can only be effective if done for long periods

The assertion that physical therapy is only for athletes or that it is always painful reflects common misconceptions about the profession. Physical therapy is designed to assist a diverse range of clients, including those recovering from surgeries, individuals with chronic conditions, elderly patients seeking to maintain mobility, and people recovering from injuries regardless of athletic background. Additionally, pain is not an inherent aspect of all physical therapy treatments. The aim of therapy is often to alleviate discomfort and enhance function. Many modalities, like gentle exercises, massage therapy, and relaxation techniques, are utilized to foster healing without causing pain. In fact, a skilled physical therapist will monitor a patient's comfort levels and adjust treatment plans accordingly to ensure safe and effective care. Understanding this can broaden one's perspective on the accessibility and applications of physical therapy beyond just high-performance athletes.

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:

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

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