

# Mastectomy Fitter Practice Exam (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 is inflammation of a tendon at its insertion called?**
  - A. insertional tendonitis**
  - B. achilles tendonitis**
  - C. rotator cuff injury**
  - D. bursitis**
  
- 2. What are the five primary functions of bones?**
  - A. Protect organs and produce hormones**
  - B. Provide support, protect organs, leverage for muscles, calcium metabolism, and house bone marrow**
  - C. Store fat and produce energy**
  - D. Facilitate movement and produce heat**
  
- 3. Which skeleton is composed of the vertebral column, thorax, and skull?**
  - A. Appendicular Skeleton**
  - B. Axial Skeleton**
  - C. Peripheral Skeleton**
  - D. Pelvic Skeleton**
  
- 4. Which examination technique involves applying pressure to an area to assess for pain or normalcy?**
  - A. Inspection**
  - B. Palpation**
  - C. Compression**
  - D. Examination**
  
- 5. What should fitters avoid when recommending products to patients?**
  - A. Prescribing items based solely on fashion rather than patient need**
  - B. Offering a variety of sizes and styles**
  - C. Focusing on comfort and functionality**
  - D. Discussing the latest trends in mastectomy clothing**

- 6. What function do synergistic muscles primarily serve?**
- A. They assist in breathing**
  - B. They enhance athletic performance**
  - C. They stabilize joints and assist prime movers**
  - D. They are primarily responsible for posture**
- 7. How can confidence affect a patient's recovery journey after a mastectomy?**
- A. It has no effect on recovery**
  - B. Increased self-esteem can lead to improved mental health and a more positive outlook on recovery**
  - C. Confidence is unrelated to physical recovery**
  - D. High confidence levels can lead to increased physical activity**
- 8. A muscle fiber can contract about how much of its length before returning to its original size?**
- A. One-quarter**
  - B. One-third**
  - C. Half**
  - D. Three-quarters**
- 9. What is the main goal of a mastectomy fitter?**
- A. To maximize profits on products sold**
  - B. To enhance quality of life for patients with effective solutions**
  - C. To sell the most expensive options available**
  - D. To prioritize fashion over comfort**
- 10. What are some typical signs that indicate a breast form may not be fitting correctly?**
- A. Discomfort, shifting, or visible gaps**
  - B. Increased breast sensitivity and swelling**
  - C. Difficulty breathing while wearing**
  - D. Excessive pressure on the collarbone**

## Answers

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

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## **Explanations**

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## 1. What is inflammation of a tendon at its insertion called?

- A. insertional tendonitis**
- B. achilles tendonitis**
- C. rotator cuff injury**
- D. bursitis**

The term "insertional tendonitis" specifically refers to the inflammation of a tendon at its point of attachment to a bone. This condition can occur in various tendons throughout the body, including those in the shoulder, elbow, knee, and ankle, where the tendon fibers become irritated and inflamed. This inflammation often results from repetitive stress or acute injury, leading to pain and discomfort during movement. Insertional tendonitis is characterized by localized pain and tenderness at the tendon insertion site, which distinguishes it from other types of tendonitis that may occur within the body of the tendon itself rather than at the point of attachment. It is important to identify this condition accurately in order to implement appropriate treatment options, such as rest, ice application, physical therapy, or, in some cases, surgical intervention. In contrast, other options refer to specific types of tendonitis or conditions. For example, "Achilles tendonitis" specifically involves the Achilles tendon and is a type of insertional tendonitis, but it does not encompass tendonitis of other tendons. "Rotator cuff injury" refers to a broader category of shoulder injuries related to the rotator cuff muscles and tendons, while "bursitis" pertains to inflammation of the bursa, which

## 2. What are the five primary functions of bones?

- A. Protect organs and produce hormones**
- B. Provide support, protect organs, leverage for muscles, calcium metabolism, and house bone marrow**
- C. Store fat and produce energy**
- D. Facilitate movement and produce heat**

Bones serve several essential functions that are crucial for maintaining overall health and well-being. The selected answer outlines the five primary functions of bones accurately: providing support, protecting organs, serving as leverage for muscles, participating in calcium metabolism, and housing bone marrow. Providing support means that bones act as a structural framework that gives shape and stability to the body. This framework is vital for maintaining posture and ensuring that the body can withstand the forces exerted upon it. Protecting organs refers to the way bones encase and shield vital internal structures from injury. For example, the ribcage protects the heart and lungs, while the skull protects the brain. Leverage for muscles describes how bones work with muscles to facilitate movement. When muscles contract, they pull on bones, allowing for a wide range of movements—from simple actions like walking to complex athletic performance. Calcium metabolism is another critical function, as bones store calcium and release it into the bloodstream as needed for various physiological processes. This regulation of calcium levels is essential for muscle function, nerve signaling, and maintaining bone density. Lastly, housing bone marrow is significant because bone marrow is responsible for producing blood cells. The red marrow within certain bones generates red blood cells, white blood cells, and platelets, which are

**3. Which skeleton is composed of the vertebral column, thorax, and skull?**

- A. Appendicular Skeleton**
- B. Axial Skeleton**
- C. Peripheral Skeleton**
- D. Pelvic Skeleton**

The axial skeleton is indeed composed of the vertebral column, thorax, and skull. Its primary role is to provide support and protection for the central nervous system and the organs within the thorax, such as the heart and lungs. The vertebral column offers structural support and protects the spinal cord, while the skull encases and safeguards the brain. The thorax, formed by the ribs and sternum, creates a protective cage for vital organs and assists in the respiratory process by facilitating breathing. This structure is essential for maintaining the body's posture and providing a framework for muscle attachment, which contributes to movement and stability. In contrast, the appendicular skeleton includes the limbs and their attachments to the axial skeleton, the pelvic skeleton pertains solely to the bones making up the pelvis, and the term "peripheral skeleton" is not a standard term used to describe any part of the human skeleton. Thus, the definition of the axial skeleton as the integral framework that includes the central components of the skeleton makes it the correct choice in this context.

**4. Which examination technique involves applying pressure to an area to assess for pain or normalcy?**

- A. Inspection**
- B. Palpation**
- C. Compression**
- D. Examination**

Palpation is the technique that involves applying pressure to specific areas of the body to assess for various conditions. This method allows the practitioner to gather important information such as tenderness, temperature, texture, and the presence of any abnormalities under the skin. By using their hands to feel the area, the practitioner can distinguish between normal and abnormal findings, which is crucial in a clinical setting, especially when evaluating patients post-mastectomy. This tactile assessment provides valuable insights into the patient's condition, aiding in planning further care or interventions. While inspection refers to visual examination and can identify surface abnormalities, it does not provide the depth of information that palpation does. Compression could imply interference with blood flow or fluid assessment but is not the standard term typically used in this context. Examination is a broader term encompassing all methods of assessing a patient but does not specifically refer to the technique of applying pressure.

**5. What should fitters avoid when recommending products to patients?**

- A. Prescribing items based solely on fashion rather than patient need**
- B. Offering a variety of sizes and styles**
- C. Focusing on comfort and functionality**
- D. Discussing the latest trends in mastectomy clothing**

Fitting professionals should prioritize the specific needs of patients over aesthetic considerations when recommending products. Prescribing items based solely on fashion detracts from the primary goal of providing support and comfort. Patients undergoing mastectomy may have unique requirements related to their recovery, body shape, and personal circumstances. A focus on fashionable items without consideration of these factors could lead to dissatisfaction and discomfort. In contrast, offering a variety of sizes and styles, focusing on comfort and functionality, and discussing trends can all enhance the patient's experience by providing options that cater to their actual needs and preferences. Prioritizing patient necessity ensures that fitters provide the best possible care and support.

**6. What function do synergistic muscles primarily serve?**

- A. They assist in breathing**
- B. They enhance athletic performance**
- C. They stabilize joints and assist prime movers**
- D. They are primarily responsible for posture**

The primary function of synergistic muscles is to stabilize joints and assist the prime movers during various movements. These muscles work together to support and enhance the action of the primary muscles (prime movers) that are responsible for a specific movement. For instance, during an exercise like a bench press, while the pectoral muscles are the main drivers of the movement, the synergistic muscles, including the triceps and deltoids, help to stabilize the shoulder joint and assist in effectively completing the lift. This stabilizing role is crucial because it ensures proper biomechanics and minimizes the risk of injury. By providing joint stability, synergistic muscles help in maintaining posture during movements and allow for more efficient force production by the prime movers. Therefore, recognizing the importance of synergistic muscles is essential in fields like rehabilitation, physical therapy, and athletic training, where optimal movement function is a priority.

**7. How can confidence affect a patient's recovery journey after a mastectomy?**

**A. It has no effect on recovery**

**B. Increased self-esteem can lead to improved mental health and a more positive outlook on recovery**

**C. Confidence is unrelated to physical recovery**

**D. High confidence levels can lead to increased physical activity**

In the recovery journey after a mastectomy, increased self-esteem can significantly influence mental health and foster a more positive outlook. When patients feel confident about themselves and their bodies, they are more likely to embrace their situation, engage in social interactions, and seek support from others. This positive mindset can reduce feelings of anxiety and depression, which are common after such a major procedure. Additionally, a more optimistic perspective can motivate patients to adhere to their recovery plans, communicate openly with healthcare providers, and participate actively in rehabilitation programs. These actions not only contribute to emotional wellness but can also enhance overall recovery outcomes. Essentially, the belief in oneself can be a vital component of healing, making this option the most relevant in the context of how confidence impacts recovery.

**8. A muscle fiber can contract about how much of its length before returning to its original size?**

**A. One-quarter**

**B. One-third**

**C. Half**

**D. Three-quarters**

A muscle fiber can typically contract about half of its original length before returning to its original size. This characteristic of muscle fibers is essential for their function in movement and stability. When a muscle fiber is stimulated to contract, it shortens due to the sliding filament mechanism involving actin and myosin filaments within the sarcomeres. The ability to shorten significantly allows muscles to produce force and perform various movements, while the structure of muscle fibers also enables them to return to their resting length after the contraction. Understanding this property is vital for those fitting mastectomy patients with prosthetics or custom garments, as it informs how the body's muscle movements may affect comfort and fit.

## 9. What is the main goal of a mastectomy fitter?

- A. To maximize profits on products sold
- B. To enhance quality of life for patients with effective solutions**
- C. To sell the most expensive options available
- D. To prioritize fashion over comfort

The primary goal of a mastectomy fitter is to enhance the quality of life for patients by providing effective solutions that meet their individual needs following a mastectomy. This role involves not just fitting prostheses and mastectomy garments, but also ensuring that patients feel comfortable, confident, and supported during their recovery and adjustment period. A mastectomy fitter takes into account not only the physical fit of the products but also the emotional well-being of the patients, helping them regain a sense of normalcy and confidence in their appearance. This patient-centered approach is crucial, as the process of recovery from breast surgery often encompasses both physical and psychological challenges. The focus on enhancing quality of life reflects a commitment to patient care that prioritizes the well-being of individuals over commercial interests, making it the most appropriate and ethical goal for a professional in this field.

## 10. What are some typical signs that indicate a breast form may not be fitting correctly?

- A. Discomfort, shifting, or visible gaps**
- B. Increased breast sensitivity and swelling
- C. Difficulty breathing while wearing
- D. Excessive pressure on the collarbone

A breast form that does not fit properly can lead to several noticeable signs. Discomfort, shifting, or visible gaps are key indicators that the fit is not correct. Discomfort can arise from improper support or positioning, leading to irritation or pain. Additionally, if the breast form shifts during movement, it suggests that it is not securely fitting the wearer's body, which can affect both confidence and comfort. Gaps between the breast form and the chest wall can result in visible misalignment and can lead to complications, including skin irritation and a less natural appearance. The other options describe potential issues but do not specifically address the most direct signs of an improper fit. Increased breast sensitivity and swelling could indicate other medical issues unrelated to the fitting of the breast form. Difficulty breathing while wearing a breast form could arise from various factors, including an improperly sized or styled bra but is not a direct sign of fit. Excessive pressure on the collarbone may indicate a concern related to overall bra choice rather than the breast form itself. Thus, the indicators of discomfort, shifting, or visible gaps provide the clearest evidence that a breast form may not be fitting correctly.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://mastectomyfitter.examzify.com>**

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

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