

NON-SYSTEMS NPTE PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. If lymphedema treatment uses two sessions per day, each lasting 3 hours, what is the total daily time?**
 - A. 2 hours
 - B. 3 hours
 - C. 6 hours
 - D. 9 hours
- 2. Which wheelchair feature would allow the patient to recline in the actual chair?**
 - A. Wheelchair hydraulic reclining unit
 - B. Elevating leg rests
 - C. Heel loops and/or toe loops
 - D. Detachable swing-away leg rests
- 3. What traction force is typically used in the acute phase of the lumbar spine?**
 - A. 1-3 minutes
 - B. 10-20 pounds
 - C. 30-40 pounds
 - D. 60-80 pounds
- 4. In the Nagi model, disability is defined as?**
 - A. Loss of normal function at the organ level.
 - B. Restriction in performing a socially defined role due to impairment.
 - C. Environmental factors do not affect disability.
 - D. The disease state.
- 5. What is the minimum doorway width required for wheelchair access?**
 - A. 30 inches
 - B. 28 inches
 - C. 34 inches
 - D. 32 inches

- 6. Shorter length desk arm rests in a wheelchair are useful to allow the patient to get closer to tables or work surfaces.**
- A. False
 - B. True
 - C. Not recommended
 - D. Only for short stature patients
- 7. In a Metal AFO, what can the ankle joint be configured to?**
- A. Free Motion in All Directions
 - B. Locked or Limited Anterior/Posterior Movement
 - C. Provides Total Contact
 - D. Not Suitable for Gait Abnormalities
- 8. Cannot use the computer at work due to environmental and social barriers; this illustrates which concept?**
- A. Disability
 - B. Handicap
 - C. Impairment
 - D. Functional Limitation
- 9. Which ultrasound setting represents nonthermal effects with a 20% duty cycle?**
- A. 0.5 to 2.0 W/cm²
 - B. 0.8 to 1.6 W/cm²
 - C. 0.5 to 0.75 W/cm² with 20% duty cycle
 - D. 1.0 to 2.0 W/cm²
- 10. Custom foot box is indicated when:**
- A. LEs are perfectly aligned with body midline.
 - B. The device is not customized.
 - C. LEs are not aligned with body midline as with a windswept deformity.
 - D. Indicates feet are aligned.

Answers

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

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Explanations

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1. If lymphedema treatment uses two sessions per day, each lasting 3 hours, what is the total daily time?

- A. 2 hours
- B. 3 hours
- C. 6 hours**
- D. 9 hours

The main idea is to combine the number of treatment sessions with how long each session lasts. If there are two sessions per day and each session is 3 hours, multiply 2 by 3. 2×3 equals 6, so the total daily time is 6 hours. This fits because adding the duration of each session across the day accumulates to the full daily treatment time. The other numbers would come from different session counts or different session lengths (for example, a single 3-hour session would be 3 hours; three 3-hour sessions would be 9 hours; a 2-hour session would change the total accordingly).

2. Which wheelchair feature would allow the patient to recline in the actual chair?

- A. Wheelchair hydraulic reclining unit**
- B. Elevating leg rests
- C. Heel loops and/or toe loops
- D. Detachable swing-away leg rests

Reclining in the chair requires a mechanism that tilts the backrest while you stay seated. A wheelchair with a hydraulic reclining unit provides that capability, allowing the backrest to tilt backward smoothly and the user to assume a reclined position without transferring out of the chair. Elevating leg rests only raise the legs and do not change the trunk angle. Heel loops and toe loops are foot positioning supports, not methods to recline the chair. Detachable swing-away leg rests help with transfers by moving the leg supports aside, but they don't enable reclining.

3. What traction force is typically used in the acute phase of the lumbar spine?

- A. 1-3 minutes
- B. 10-20 pounds
- C. 30-40 pounds**
- D. 60-80 pounds

In the acute phase of lumbar traction, the goal is to unload the spine without provoking inflammation. A moderate traction force around 30-40 pounds provides enough vertebral separation and soft-tissue stretch to help relieve nerve irritation while staying gentle on irritated tissues. Too little force, like 10-20 pounds, may not produce meaningful unloading; too much force, such as 60-80 pounds, can aggravate symptoms in the acute stage. So, 30-40 pounds is the best balance for initial lumbar traction in this phase.

4. In the Nagi model, disability is defined as?

- A. Loss of normal function at the organ level.
- B. Restriction in performing a socially defined role due to impairment.**
- C. Environmental factors do not affect disability.
- D. The disease state.

Disability in the Nagi model is the restriction or inability to perform socially defined roles because of an impairment. It sits downstream of impairment and functional limitation, translating a health problem into real-life participation restrictions. For example, an impairment like joint pain and reduced range of motion can lead to functional limitations in daily tasks, which then prevents someone from fulfilling work or family roles, constituting disability. This differs from an impairment (loss of organ or body function) and from the disease state itself (the pathology). Environmental factors aren't part of the original Nagi definition of disability, though other models later broaden the view to include context.

5. What is the minimum doorway width required for wheelchair access?

- A. 30 inches
- B. 28 inches
- C. 34 inches
- D. 32 inches**

Ensuring you can pass a wheelchair through a doorway hinges on having a sufficient clear opening. Accessibility standards define a minimum clear width of 32 inches for door openings, measured with the door swung open to 90 degrees. This ensures the chair can fit through the doorway and riders can maneuver without friction against the jamb or frame. A standard wheelchair is roughly 24 inches wide, but you need extra clearance for alignment and wheel clearance, so 32 inches is the lowest width that reliably accommodates most chairs. Among the options, 32 inches is the minimum that meets this requirement; narrower measurements would not provide enough space, while larger widths are acceptable but not required when considering the minimum standard.

6. Shorter length desk arm rests in a wheelchair are useful to allow the patient to get closer to tables or work surfaces.

- A. False
- B. True**
- C. Not recommended
- D. Only for short stature patients

Shorter desk arm rests free up space in front of the wheelchair, allowing the chair to be positioned closer to a table or work surface. With less protrusion, the user can pull up near the desk edge, bring the forearms to desk height, and stabilize for tasks like writing, reading, typing, or eating. This improves functional access to the surface and reduces awkward reaching. It's not limited to short stature; any user who benefits from closer proximity can gain from shorter armrests, as long as the chair still supports safe posture and transfers.

7. In a Metal AFO, what can the ankle joint be configured to?

- A. Free Motion in All Directions
- B. Locked or Limited Anterior/Posterior Movement**
- C. Provides Total Contact
- D. Not Suitable for Gait Abnormalities

A metal AFO uses an articulated ankle joint whose motion can be controlled. The ankle joint can be locked for a rigid ankle or set to allow only limited anterior/posterior movement (dorsiflexion/plantarflexion). This setup provides stability when needed—preventing things like foot slap or excessive tibial progression—while still permitting limited motion to assist a safer, more efficient gait. Unrestricted free motion in all directions isn't typical because we want to manage motion in the sagittal plane to maintain alignment and control.

8. Cannot use the computer at work due to environmental and social barriers; this illustrates which concept?

- A. Disability**
- B. Handicap
- C. Impairment
- D. Functional Limitation

Main concept: disability. When environmental and social barriers prevent someone from performing a socially defined role—like working and using a computer at work—the person is considered to have a disability. The barrier is external, not a loss or abnormality in body structure or function, so it converts the person's potential work ability into an inability to engage in that role. Impairment would be a problem with a body function or structure, which isn't described here. A functional limitation is a restriction in performing a task due to the person's capacity, but the scenario emphasizes external barriers rather than a deficit in the person's abilities. Handicap is an older term and less precise for modern classification.

9. Which ultrasound setting represents nonthermal effects with a 20% duty cycle?

- A. 0.5 to 2.0 W/cm²
- B. 0.8 to 1.6 W/cm²
- C. 0.5 to 0.75 W/cm² with 20% duty cycle**
- D. 1.0 to 2.0 W/cm²

Nonthermal effects come from pulsed ultrasound with a low duty cycle, which keeps average energy and heating low while producing mechanical forces like cavitation and microstreaming. A 20% duty cycle means the ultrasound is on briefly and off for most of the time, so heat buildup is minimized. The intensity range 0.5 to 0.75 W/cm² is already on the lower end, making it suitable for promoting nonthermal mechanical effects without significant heating. The other options imply higher intensities or continuous exposure, which would increase tissue temperature and favor thermal effects instead of nonthermal ones. So, the combination of low intensity with a 20% duty cycle best represents nonthermal effects.

10. Custom foot box is indicated when:

- A. LEs are perfectly aligned with body midline.
- B. The device is not customized.
- C. LEs are not aligned with body midline as with a windswept deformity.
- D. Indicates feet are aligned.

A custom foot box is used when there is asymmetry in how the lower extremities align with the body's midline, such as in windswept deformity. In windswept deformity, one leg deviates medially while the other deviates laterally, so the feet do not sit symmetrically inside a standard, uniform foot box. If you use a standard, noncustomized foot box, this misalignment can create uneven pressure, poor contact, and instability at the base of support. By crafting a foot box to fit the actual position of both feet and ankles, you ensure proper alignment, better load distribution, and increased comfort and function. If the limbs are truly aligned with the midline, or the device is not customized, a standard foot box is typically adequate.

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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://nonsystemsnpte.examzify.com>

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

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