

ONTARIO CLINICAL PRACTICE EXAM (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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 symptom might indicate the presence of deep vein thrombosis (DVT)?**
 - A. Numbness in the foot
 - B. Swelling
 - C. Extreme fatigue
 - D. Headaches
- 2. What is the primary focus of physical therapy treatment post bone marrow transplant?**
 - A. Enhancing urinary function
 - B. Restoration of function and overcoming effects of deconditioning
 - C. Providing psychological support and counseling
 - D. Improving cardiovascular endurance
- 3. When monitoring platelet count post bone marrow transplant, what threshold indicates exercise should be contraindicated?**
 - A. Less than 10,000
 - B. Less than 20,000
 - C. Less than 30,000
 - D. Less than 40,000
- 4. What is the primary process affected in Parkinson's Disease?**
 - A. Inflammation of the brain
 - B. Degeneration of dopaminergic neurons
 - C. Autoimmune responses in the CNS
 - D. Increased dopamine production
- 5. What type of CVA is associated with a thrombus or embolism?**
 - A. Hemorrhagic
 - B. Ischemic
 - C. Transient
 - D. Reversible

6. Hydrotherapy is used in the treatment of rheumatoid arthritis primarily to?

- A. Enhance joint mobility
- B. Increase pain levels
- C. Focus solely on muscle building
- D. Prevent joint inflammation

7. What is the main cause of pulmonary edema?

- A. High altitude
- B. Increased fluid in the lungs
- C. Viral infection
- D. Obesity

8. Which key feature characterizes Ischemic CVA?

- A. It is rare in older adults
- B. Onset is generally gradual and subtle
- C. Most common type of CVA
- D. Only occurs after a prior stroke

9. Which of the following findings would be expected in a patient with pulmonary edema during a physical examination?

- A. Cyanosis
- B. Bradycardia
- C. Skin rash
- D. Weight gain

10. What is one of the key management strategies in treating CP?

- A. Only addressing pain management
- B. Education and support for patients and families
- C. Focus solely on surgical interventions
- D. Maximizing bed rest time

Answers

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

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Explanations

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1. What symptom might indicate the presence of deep vein thrombosis (DVT)?

- A. Numbness in the foot
- B. Swelling**
- C. Extreme fatigue
- D. Headaches

Swelling is a primary symptom associated with deep vein thrombosis (DVT). When a thrombus (blood clot) forms in a deep vein, often in the legs, it can obstruct the normal flow of blood. This obstruction leads to an accumulation of fluid in the surrounding tissues, resulting in localized swelling. This symptom is typically unilateral, affecting only one limb rather than both, which is important for diagnosis. While numbness, extreme fatigue, and headaches can occur in various medical conditions, they are not specific indicators of DVT. Numbness in the foot may suggest nerve or circulatory issues, extreme fatigue can relate to a wide range of systemic conditions, and headaches are unrelated to venous blood clots. Therefore, the presence of swelling distinctly points toward the possibility of DVT and is a critical symptom to recognize during examination and assessment.

2. What is the primary focus of physical therapy treatment post bone marrow transplant?

- A. Enhancing urinary function
- B. Restoration of function and overcoming effects of deconditioning**
- C. Providing psychological support and counseling
- D. Improving cardiovascular endurance

The primary focus of physical therapy treatment following a bone marrow transplant is the restoration of function and overcoming the effects of deconditioning. After such a significant medical procedure, patients often experience a range of physical challenges, including muscle weakness, fatigue, and reduced physical endurance. These issues can arise from prolonged inactivity during hospitalization, the effects of the transplant itself, and the side effects of treatments such as chemotherapy or radiation therapy. Physical therapy aims to help these patients regain their strength, mobility, and overall functional ability, enabling them to return to their daily activities more effectively. This often involves tailored exercise programs designed to gradually build strength, improve balance and coordination, and enhance overall physical conditioning. While elements such as urinary function, psychological support, and cardiovascular endurance are important aspects of overall patient care, the immediate need following a bone marrow transplant primarily centers on functional recovery and addressing the physical deconditioning that occurs during and after treatment. Thus, restoring function becomes a crucial goal for physical therapists working with these patients.

3. When monitoring platelet count post bone marrow transplant, what threshold indicates exercise should be contraindicated?

- A. Less than 10,000
- B. Less than 20,000**
- C. Less than 30,000
- D. Less than 40,000

Monitoring platelet counts is critical in patients who have undergone a bone marrow transplant, as low platelet levels can significantly increase the risk of bleeding. In this context, a threshold of less than 20,000 platelets/mm³ is recognized as a level where exercise should be contraindicated. This is primarily because at this count, the risk of spontaneous bleeding becomes markedly higher, potentially leading to serious complications. Patients with platelet counts below this threshold may not be able to manage activities that could lead to injury, even from minor trauma. Therefore, exercise should be avoided to ensure patient safety and to prevent any unnecessary health risks. With platelets dropping below 20,000, even activities of daily living could pose a danger, emphasizing the importance of careful monitoring and adherence to guidelines regarding activity restrictions in these vulnerable patients.

4. What is the primary process affected in Parkinson's Disease?

- A. Inflammation of the brain
- B. Degeneration of dopaminergic neurons**
- C. Autoimmune responses in the CNS
- D. Increased dopamine production

The primary process affected in Parkinson's Disease is the degeneration of dopaminergic neurons. This neurodegeneration primarily occurs in a specific area of the brain known as the substantia nigra, which is crucial for controlling movement and coordination. The loss of these neurons leads to a significant decrease in dopamine levels, a neurotransmitter that plays a vital role in transmitting signals to coordinate smooth and controlled movements. As dopamine levels drop due to neuron degeneration, individuals may experience characteristic symptoms of Parkinson's, including tremors, rigidity, bradykinesia (slowness of movement), and postural instability. The disease is chronic and progressive, meaning that as more neurons are affected over time, the symptoms may worsen. Although other processes may also play a role in Parkinson's Disease or be associated with it, such as inflammation or potential autoimmune responses, the degeneration of dopaminergic neurons is the central pathological mechanism and directly contributes to the hallmark motor symptoms of the disease.

5. What type of CVA is associated with a thrombus or embolism?

- A. Hemorrhagic
- B. Ischemic**
- C. Transient
- D. Reversible

The correct answer is ischemic, as this type of cerebrovascular accident (CVA) is primarily caused by a blockage in the blood vessels supplying blood to the brain. Ischemic strokes occur due to a thrombus (a blood clot that forms in the blood vessel) or an embolism (a clot that forms elsewhere in the body and travels to the brain). The blockage restricts blood flow and results in tissue damage due to insufficient oxygen and nutrients reaching the brain cells. In contrast, hemorrhagic strokes occur when a blood vessel in the brain ruptures, leading to bleeding within or around the brain. Transient ischemic attacks (TIAs), sometimes referred to as "mini-strokes," are temporary blockages that typically resolve quickly and do not result in lasting damage. Reversible ischemic neurological deficits are conditions that also reflect temporary symptoms without significant permanent injury to the brain. Understanding the distinctions among these types of strokes is crucial in recognizing their underlying mechanisms and guiding appropriate medical responses.

6. Hydrotherapy is used in the treatment of rheumatoid arthritis primarily to?

- A. Enhance joint mobility**
- B. Increase pain levels
- C. Focus solely on muscle building
- D. Prevent joint inflammation

Hydrotherapy is primarily utilized in the treatment of rheumatoid arthritis to enhance joint mobility. This therapeutic approach leverages the properties of water—such as buoyancy, warmth, and resistance—to create an environment that facilitates movement while minimizing stress on the joints. In a warm water setting, patients can engage in exercises that promote range of motion and flexibility without the strain that could occur on land. The heat improves blood circulation to the joints and can relieve stiffness, which is particularly beneficial for individuals dealing with the chronic pain and inflammation associated with rheumatoid arthritis. This method is not focused solely on muscle building, nor is its aim to increase pain levels or prevent joint inflammation directly. While it may help alleviate some symptoms of inflammation as a secondary benefit, the primary goal remains enhancing joint mobility to improve overall function and quality of life for those affected by the condition.

7. What is the main cause of pulmonary edema?

- A. High altitude
- B. Increased fluid in the lungs**
- C. Viral infection
- D. Obesity

The main cause of pulmonary edema is indeed related to increased fluid in the lungs. Pulmonary edema occurs when excess fluid accumulates in the air sacs (alveoli) of the lungs, making it difficult for the body to absorb oxygen. This condition can arise from various underlying issues, most commonly heart-related problems, where the heart's inefficiency leads to increased blood pressure in the pulmonary circulation, forcing fluid out of the capillaries into the alveoli. While high altitude can lead to high-altitude pulmonary edema, this is less common and typically involves individuals with certain risk factors or conditions. Viral infections can affect lung function but don't primarily cause pulmonary edema on their own. Obesity may contribute to increased risks for respiratory conditions but does not directly cause pulmonary edema. By understanding that increased fluid in the lungs is central to the definition and pathophysiology of pulmonary edema, one can appreciate that it represents the fundamental process that leads to the condition, differentiating it from other indirect contributing factors.

8. Which key feature characterizes Ischemic CVA?

- A. It is rare in older adults
- B. Onset is generally gradual and subtle
- C. Most common type of CVA**
- D. Only occurs after a prior stroke

The correct choice highlights that ischemic cerebrovascular accidents (CVA), commonly known as strokes, represent the most prevalent type of stroke, accounting for the majority of stroke cases. This occurs when blood flow to a part of the brain is interrupted due to a blockage, such as a clot. The high incidence of ischemic strokes underscores the importance of identifying risk factors like hypertension, diabetes, and atrial fibrillation, which can contribute to their occurrence. Understanding that ischemic CVA is the most common type is crucial for recognizing its significance in public health and clinical practice. In contrast, ischemic strokes can occur in people of various ages and are not limited to older adults; thus, stating that they are rare in older adults is incorrect. The onset of an ischemic stroke is typically sudden rather than gradual or subtle, distinguishing it from other stroke types. Additionally, while a history of prior strokes can influence an individual's risk, ischemic CVA can occur independently without any prior stroke having taken place.

9. Which of the following findings would be expected in a patient with pulmonary edema during a physical examination?

- A. Cyanosis**
- B. Bradycardia
- C. Skin rash
- D. Weight gain

Cyanosis is a sign that would be expected in a patient with pulmonary edema during a physical examination. Pulmonary edema is characterized by excess fluid in the lungs, which impairs gas exchange. This can lead to reduced oxygen levels in the blood, resulting in a bluish discoloration of the skin and mucous membranes, particularly around the lips and fingertips. This change in color occurs due to the inadequate oxygenation of hemoglobin, a condition that can easily present in patients experiencing significant respiratory distress. While bradycardia, a skin rash, and weight gain may have their own implications, they are not direct findings associated with the physical examination of someone suffering from pulmonary edema. Bradycardia, which refers to a slower than normal heart rate, does not typically correlate with this condition, as pulmonary edema is more likely associated with tachycardia due to increased heart strain. A skin rash is not related to pulmonary edema and often indicates different dermatological or systemic issues. Weight gain can occur in cases of fluid retention but is generally not an immediate finding during a physical examination focused on the acute presentation of pulmonary edema.

10. What is one of the key management strategies in treating CP?

- A. Only addressing pain management
- B. Education and support for patients and families**
- C. Focus solely on surgical interventions
- D. Maximizing bed rest time

Education and support for patients and families is crucial in the management of cerebral palsy (CP). This approach helps to empower patients and their families by providing them with the necessary knowledge about the condition, including its implications, treatment options, and strategies for effective management. Knowledge equips families to actively participate in care decisions and fosters adherence to therapy regimens. Educational support can also include information on available resources, community services, and therapies, which can be incredibly beneficial for the patient's overall development and quality of life. Moreover, education encourages realistic expectations and helps families understand the importance of a multidisciplinary approach that encompasses physical, occupational, and speech therapy, rather than relying solely on one form of treatment or intervention. In contrast, focusing only on pain management, surgical interventions, or maximizing bed rest time overlooks the holistic and multifaceted nature of CP management. Successful treatment requires a comprehensive strategy that acknowledges the physical, emotional, and educational needs of both the patient and their family, making the education and support aspect a fundamental component of care.

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://ontarioclinical.examzify.com>

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

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