

PEAT Series 2 Form B Practice Test (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. Which condition would place a patient at the highest risk for heat intolerance during aquatic physical therapy?**
 - A. Hypothyroidism**
 - B. Hypoparathyroidism**
 - C. Hyperthyroidism**
 - D. Hyperparathyroidism**

- 2. Which finding is most characteristic of left-sided heart failure?**
 - A. Jugular venous distention**
 - B. Edema in the legs**
 - C. Peripheral cyanosis**
 - D. Pulmonary edema**

- 3. After discussing the benefits of therapy and the risks of refusing intervention, a patient declines physical therapy. What is the MOST appropriate response?**
 - A. Respect the patient's decision to decline the therapy**
 - B. Continue discussions with the patient on why therapy is the best option**
 - C. Begin treatment with a very easy exercise**
 - D. Refer the patient to another therapist who may be able to establish a better rapport**

- 4. Which research design is BEST suited to determine efficacy?**
 - A. Small case series**
 - B. Randomized controlled trial**
 - C. Clinical observation**
 - D. Clinical case report**

- 5. During graded exercise, which statement best characterizes the blood pressure response?**
 - A. Systolic normal, diastolic normal**
 - B. Systolic normal, diastolic abnormal**
 - C. Systolic abnormal, diastolic normal**
 - D. Systolic abnormal, diastolic abnormal**

- 6. For home use, a moist heat pack should be applied for which time frame to maximize benefits while minimizing the risk of burns?**
- A. 5-10 minutes**
 - B. 20-30 minutes**
 - C. 45-60 minutes**
 - D. 70-90 minutes**
- 7. Which heart sound is most indicative of ventricular failure in an older adult?**
- A. S3**
 - B. S1**
 - C. S2**
 - D. S4**
- 8. During outpatient physical therapy, lethargy, confusion, and excessive thirst should prompt referral to assess for which condition?**
- A. Hypoglycemia**
 - B. Hyperglycemia**
 - C. Hypothyroidism**
 - D. Hyperthyroidism**
- 9. Which form of weight shifting is MOST effective for unloading the buttocks?**
- A. Full forward lean**
 - B. Chair push-ups**
 - C. Partial forward lean**
 - D. Lateral weight shifts**
- 10. In a patient with suspected venous insufficiency presenting with distal leg discoloration, which examination technique best screens for the condition?**
- A. Capillary refill time**
 - B. Dorsalis pedis pulse**
 - C. Sensory filament testing**
 - D. Venous filling time**

Answers

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

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Explanations

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1. Which condition would place a patient at the highest risk for heat intolerance during aquatic physical therapy?

- A. Hypothyroidism**
- B. Hypoparathyroidism**
- C. Hyperthyroidism**
- D. Hyperparathyroidism**

Heat intolerance during exercise hinges on how much heat your body produces versus how well you can dissipate it. When thyroid hormone levels are high, the body's metabolism speeds up, so more heat is generated even at rest and during activity. In aquatic therapy, the water helps cool the body, but the extra heat produced in hyperthyroidism can overwhelm that cooling, increasing the risk of overheating, rapid heart rate, dizziness, and fatigue during the session. That's why this condition carries the highest risk for heat intolerance among the options. Lower thyroid activity, as in hypothyroidism, slows metabolism and reduces heat production, which makes overheating less likely. Parathyroid disorders—whether too much or too little hormone—don't directly cause increased heat production or thermoregulatory failure, so they're not typically linked to heat intolerance in the same way.

2. Which finding is most characteristic of left-sided heart failure?

- A. Jugular venous distention**
- B. Edema in the legs**
- C. Peripheral cyanosis**
- D. Pulmonary edema**

Left-sided heart failure causes back pressure into the lungs, raising pulmonary capillary hydrostatic pressure and causing fluid to leak into the interstitium and alveoli. That fluid buildup in the lungs manifests as pulmonary edema, which is the hallmark sign of left-sided failure. In contrast, jugular venous distention and leg edema reflect systemic venous congestion from right-sided or biventricular failure, not the primary pulmonary consequence of left-sided failure. Peripheral cyanosis is non-specific and not the defining feature. Thus, pulmonary edema best characterizes left-sided heart failure.

3. After discussing the benefits of therapy and the risks of refusing intervention, a patient declines physical therapy. What is the MOST appropriate response?

- A. Respect the patient's decision to decline the therapy**
- B. Continue discussions with the patient on why therapy is the best option**
- C. Begin treatment with a very easy exercise**
- D. Refer the patient to another therapist who may be able to establish a better rapport**

Promoting informed consent through ongoing discussion is essential when a patient declines after hearing the benefits and risks. The clinician's job is to explore the patient's reasons for refusal, clarify any misunderstandings, and reinforce why therapy is recommended, while respecting the patient's autonomy. This approach helps ensure the patient is truly informed and can make a decision aligned with their values and goals. It also provides an opportunity to address barriers—such as fears, time, transportation, or doubts about effectiveness—and to discuss feasible alternatives or a plan for re-discussion. Starting treatment without consent would override the patient's choices and undermine trust. While referring to another therapist might be useful if rapport is a significant barrier, the immediate best step is to continue the conversation with the same patient to support an informed decision. Document the discussion and offer to revisit the decision later or adjust the plan to fit the patient's preferences.

4. Which research design is BEST suited to determine efficacy?

- A. Small case series**
- B. Randomized controlled trial**
- C. Clinical observation**
- D. Clinical case report**

To determine efficacy, you need a design that shows the intervention itself causes the effect, while minimizing bias and other explanations. A randomized controlled trial does exactly that by randomly assigning participants to receive the intervention or a control (such as placebo or standard care). This randomization helps ensure the groups are similar at the start, so differences in outcomes are likely due to the intervention rather than lurking factors. The control group provides a clear benchmark, and blinding when possible reduces biases in how outcomes are measured or how participants behave. Together, these elements allow a direct comparison that supports causal conclusions about efficacy. Smaller descriptive designs, like case series, or observational approaches, involve no randomization or proper comparison groups, so they can show associations but not prove that the intervention caused the effect. Case reports and general clinical observations likewise describe what happened with individuals without controlling for confounding factors, making them unsuitable for establishing efficacy.

5. During graded exercise, which statement best characterizes the blood pressure response?

- A. Systolic normal, diastolic normal
- B. Systolic normal, diastolic abnormal**
- C. Systolic abnormal, diastolic normal
- D. Systolic abnormal, diastolic abnormal

During graded exercise, the heart increases its output to meet the muscles' greater demand, so systolic blood pressure typically rises with increasing work. Diastolic pressure, on the other hand, usually stays about the same or may fall slightly because working muscles dilate their vessels, reducing overall peripheral resistance. An abnormal diastolic response would be a rise in diastolic blood pressure during exercise, even if systolic pressure remains within normal limits. Therefore, a pattern where the systolic value stays normal while the diastolic value becomes abnormal best fits the described scenario. The other patterns would imply either both pressures changing abnormally or the systolic response being abnormal, which is less consistent with the expected response to graded exercise.

6. For home use, a moist heat pack should be applied for which time frame to maximize benefits while minimizing the risk of burns?

- A. 5-10 minutes
- B. 20-30 minutes**
- C. 45-60 minutes
- D. 70-90 minutes

Moist heat packs deliver warmth efficiently because moisture conducts heat well, so the area can warm up quickly. The goal at home is to gain the benefits of heat—relaxing muscles and improving blood flow—without risking skin damage from overexposure. About twenty to thirty minutes provides enough time to achieve those benefits while keeping the chance of burns low. To use safely, wrap the pack in a towel, test the temperature first, and remove it if it's too hot or if the skin becomes red or painful. If you still need more relief, wait a while and reapply, but avoid staying with the pack on longer than the recommended window in a single session.

7. Which heart sound is most indicative of ventricular failure in an older adult?

- A. S3**
- B. S1**
- C. S2**
- D. S4**

An S3 gallop after S2 is the sound most associated with ventricular failure in an older adult. It happens during the rapid filling phase of early diastole when a ventricle that's volume-overloaded or dilated is suddenly filled. The rapid inflow creates a vibration that you hear as an extra low-pitched sound, best at the apex with the person in the left lateral position. In older patients, an S3 is typically abnormal and points to systolic heart failure with elevated filling pressures and fluid overload. By contrast, an S4 sounds late in diastole from atrial contraction into a stiff, noncompliant ventricle and is more about diastolic dysfunction or hypertrophy rather than overt ventricular failure. S1 and S2 are normal valve closures and don't specifically indicate heart failure.

8. During outpatient physical therapy, lethargy, confusion, and excessive thirst should prompt referral to assess for which condition?

- A. Hypoglycemia**
- B. Hyperglycemia**
- C. Hypothyroidism**
- D. Hyperthyroidism**

Lethargy, confusion, and excessive thirst point to hyperglycemia. When blood glucose is high, the body pulls water from cells and attempts to excrete the excess sugar through the urine, leading to dehydration and increased thirst. The dehydration and elevated glucose can also contribute to impaired brain function, causing confusion or drowsiness. This combination is a red flag for poor glycemic control or new-onset diabetes and warrants medical evaluation. By contrast, hypoglycemia tends to produce symptoms like shakiness, sweating, anxiety, palpitations, and sometimes confusion, but not the pronounced thirst seen with high blood glucose. Thyroid disorders can cause fatigue, but they don't typically present with sudden thirst and acute confusion, so they fit less well with these symptoms.

9. Which form of weight shifting is MOST effective for unloading the buttocks?

- A. Full forward lean**
- B. Chair push-ups**
- C. Partial forward lean**
- D. Lateral weight shifts**

Unloading the buttocks means taking pressure off the sit bones by shifting weight to other contact points. Chair push-ups achieve this best because you actively press up with your hands on the chair, lifting your hips slightly off the seat. That transfer of weight to your arms (and feet) reduces the load on the buttocks, giving them a brief, much-needed relief. The other approaches mostly move the load around while the buttocks stay partially or fully in contact with the chair, so they don't relieve pressure as effectively and can affect balance or posture. Lifting with the arms is the most direct and reliable way to unload the buttocks.

10. In a patient with suspected venous insufficiency presenting with distal leg discoloration, which examination technique best screens for the condition?

- A. Capillary refill time**
- B. Dorsalis pedis pulse**
- C. Sensory filament testing**
- D. Venous filling time**

Venous filling time directly tests how well the leg's venous system returns blood when it's dependent, which is the core issue in venous insufficiency. The test involves letting the leg drain and then lowering it to observe how quickly the superficial veins refill. If the veins fill rapidly on standing, it indicates venous reflux from incompetent valves, which matches venous insufficiency and the observed discoloration. If refill is slow or normal, arterial issues or other causes are less likely. This makes it the most appropriate screening tool for suspected venous insufficiency. Capillary refill time mainly reflects arterial perfusion in the digits and can be influenced by temperature or other factors, so it's not a reliable screen for venous problems. Checking the dorsalis pedis pulse assesses arterial inflow, not venous return. Sensory filament testing evaluates nerve function, not venous circulation.

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://peatseries2formb.examzify.com>

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

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