Physical Rehabilitation Practice Practice Test (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

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

1. A disadvantage of hybrid prostheses is that

A. No harness required for elbow operation

B. Harness is required for elbow operation

C. It reduces weight

D. Operates with no force needed

2. Which parameter is commonly monitored in an ICU setting?

A. Heart rate

B. Hair color

C. Visual acuity

D. Blood type

3. Which statement correctly describes the frequency modes of H-Wave?

A. It uses both low-frequency and high-frequency modes with distinct physiological effects

B. It uses only a single fixed frequency

C. It ignores frequency altogether

D. It uses only high-frequency for all effects

4. What random blood glucose level indicates diabetes?

A. 200 mg/dL or higher

B. 100 mg/dL or higher

C. 140 mg/dL or higher

D. 70 mg/dL or higher

5. In occupational therapy evaluation for cardiac disorders, which item is typically considered?

A. What is the priority to evaluate based on diagnosis and signs/symptoms?

B. Are there concomitant diagnoses?

C. What was the patient's premorbid status and living situation?

D. What tools or tests are most effective at assessing signs and symptoms?

6. Which statement correctly describes INR?

- **A. A system for reporting blood coagulation or clotting**
- **B. A test of liver enzyme activity**
- **C. A measure of electrolyte balance**
- **D. A marker of kidney function**

7. What pattern is used when wrapping a residual limb?

- **A. Circular wrap.**
- **B. Spiral wrap without crossing.**
- **C. Cross-hatch with no overlapping.**
- **D. Figure eight fashion.**

8. Pursed lip breathing instructions typically involve which of the following?

- **A. Inhale quickly exhale rapidly**
- **B. Inhale fully (about 2 seconds) and exhale slowly, taking twice as long to exhale**
- **C. Hold breath for several seconds between inhalation and exhalation**
- **D. Exhale through the nose with pursed lips but no deliberate timing**

9. Fowler's position is best described as what?

- **A. A 15-degree incline of the head of bed**
- **B. A 30-degree incline of the head of bed**
- **C. A 60-degree incline of the head of bed**
- **D. A flat 0-degree incline**

10. Which event is most directly responsible for a heart attack?

- **A. Occlusion of a coronary artery**
- **B. Contraction of arterial walls**
- **C. Increased myocardial oxygen supply**
- **D. Infection of heart valves**

Answers

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

Explanations

1. A disadvantage of hybrid prostheses is that

A. No harness required for elbow operation

B. Harness is required for elbow operation

C. It reduces weight

D. Operates with no force needed

Hybrid prostheses mix body-powered control with electric actuation to try to provide both intuitive operation and reduced effort. A key drawback is that elbow movement often still relies on a harness to function. Wearing and adjusting the harness adds bulk, can make donning and doffing more cumbersome, and may cause skin irritation or discomfort during extended use. Because the elbow control depends on this harness (and the associated input), you don't get a completely hands-free or effortless elbow operation. The other statements describe benefits that aren't characteristics of this disadvantage: the device isn't necessarily lighter in all designs, and it doesn't operate without any force input.

2. Which parameter is commonly monitored in an ICU setting?

A. Heart rate

B. Hair color

C. Visual acuity

D. Blood type

Ongoing assessment of cardiovascular status through a vital sign like heart rate is essential in the ICU. Heart rate provides a quick read on how the heart and circulation are responding to illness, medications, pain, and fluid changes. It's monitored continuously with ECG and can signal problems such as arrhythmias, poor perfusion, or response to interventions in real time, guiding timely adjustments to treatment. Hair color has no clinical relevance to a patient's acute status in critical care. Visual acuity isn't a practical measure for someone who is sedated, intubated, or otherwise unable to participate in testing. Blood type is important for planning transfusions but is a static characteristic, not a parameter tracked over time to assess current stability.

3. Which statement correctly describes the frequency modes of H-Wave?

A. It uses both low-frequency and high-frequency modes with distinct physiological effects

B. It uses only a single fixed frequency

C. It ignores frequency altogether

D. It uses only high-frequency for all effects

The key idea here is that H-Wave therapy uses two different frequency modes, each producing its own distinct physiological response. The low-frequency mode is used to enhance venous and lymphatic return and promote edema reduction through natural body pumping and improved microcirculation. The high-frequency mode delivers a different pattern of stimulation that can support tissue repair and influence nerve signaling, contributing to pain modulation and local circulation. Because the device provides both modes and these frequencies trigger different effects, the description that it uses both low- and high-frequency modes with distinct physiological effects best fits how H-Wave is designed to work. It isn't limited to a single fixed frequency, it doesn't ignore frequency, and it isn't restricted to using only high-frequency for all outcomes.

4. What random blood glucose level indicates diabetes?

A. 200 mg/dL or higher

B. 100 mg/dL or higher

C. 140 mg/dL or higher

D. 70 mg/dL or higher

Random blood glucose is a single reading taken without regard to meals. A reading of 200 mg/dL (11.1 mmol/L) or higher, especially when accompanied by classic diabetes symptoms such as increased thirst, frequent urination, or unexplained weight loss, is diagnostic of diabetes. If the random level is below that threshold, diabetes isn't diagnosed from a single random test alone; other criteria or repeat testing are used. Other diagnostic options include fasting glucose values (≥126 mg/dL), a 2-hour glucose tolerance test value (≥200 mg/dL after 75 g glucose), or an HbA1c of ≥6.5%, typically confirmed with a repeat test if there's no clear hyperglycemia. The key takeaway is that 200 mg/dL or higher on a random test, with symptoms, indicates diabetes.

5. In occupational therapy evaluation for cardiac disorders, which item is typically considered?

A. What is the priority to evaluate based on diagnosis and signs/symptoms?

B. Are there concomitant diagnoses?

C. What was the patient's premorbid status and living situation?

D. What tools or tests are most effective at assessing signs and symptoms?

The key idea is that OT evaluation in cardiac cases centers on understanding the person's usual function and home context to plan safe, meaningful rehabilitation and discharge. Knowing premorbid status reveals the prior level of independence, endurance, and daily roles, which sets realistic goals and tells you what level of activity and recovery to target. The living situation highlights supports, environmental barriers, and safety needs at home, guiding needed adaptations, caregiver involvement, and the appropriate discharge plan. Together, these contextual factors shape the treatment plan, pacing, and goals more than simply listing medical priorities or selecting assessment tools.

6. Which statement correctly describes INR?

A. A system for reporting blood coagulation or clotting

B. A test of liver enzyme activity

C. A measure of electrolyte balance

D. A marker of kidney function

INR is a standardized measure used to report how long blood takes to clot. It's derived from the prothrombin time and adjusts for variations in lab reagents so results are comparable across different tests. This enables consistent monitoring of anticoagulation therapy, such as warfarin, to keep clotting within a safe therapeutic range. It's not a test of liver enzyme activity, electrolyte balance, or kidney function—those are addressed by other tests. The normal range in healthy individuals is about 0.8 to 1.2, while therapeutic targets vary by condition and treatment plan.

7. What pattern is used when wrapping a residual limb?

A. Circular wrap.

B. Spiral wrap without crossing.

C. Cross-hatch with no overlapping.

D. Figure eight fashion.

Wrapping a residual limb correctly shapes the limb and manages edema by distributing pressure evenly and preventing slipping. The figure-eight fashion accomplishes this by weaving diagonal passes that cross over the limb and overlap as you move from distal toward proximal. This creates a secure, tapered compression that holds soft tissue in place and reduces the chance of lumps or gaps, which helps the prosthetic socket fit more comfortably and consistently as the limb volume changes. Other patterns tend to miss that balance. A circular wrap can create uniform rings that may constrict unevenly and irritate the skin. A spiral wrap without crossing risks slipping and may not provide stable distal compression. A cross-hatch with no overlapping can produce uneven pressure and be uncomfortable or ineffective for shaping. The figure-eight approach combines secure closure with effective limb shaping, making it the best choice for preparing a residual limb for prosthetic use.

8. Pursed lip breathing instructions typically involve which of the following?

A. Inhale quickly exhale rapidly

B. Inhale fully (about 2 seconds) and exhale slowly, taking twice as long to exhale

C. Hold breath for several seconds between inhalation and exhalation

D. Exhale through the nose with pursed lips but no deliberate timing

Pursed-lip breathing aims to slow and regulate breathing while keeping the airways open by creating a little resistance at the lips and extending the exhale. The technique works best when you inhale calmly and fully, then exhale slowly through pursed lips, with the exhalation lasting about twice as long as the inhalation. This slower, longer exhale helps prevent airway collapse, reduces the work of breathing, and can lessen the sense of breathlessness. That matches the described pattern: a full inhale of about 2 seconds followed by a slow exhale that is twice as long. Inhaling quickly and exhaling rapidly doesn't create the defensive airway pressure that pursed-lip breathing provides. Holding the breath between inhalation and exhalation disrupts the rhythm and can worsen CO_2 retention. Exhaling through the nose with no deliberate timing ignores the purpose of the pursed-lip technique, which is to control and prolong the exhale.

9. Fowler's position is best described as what?

A. A 15-degree incline of the head of bed

B. A 30-degree incline of the head of bed

C. A 60-degree incline of the head of bed

D. A flat 0-degree incline

Fowler's position describes a semi-upright posture with the head of the bed elevated rather than flat. The degree of elevation can vary: a low angle around 15 degrees, a commonly used semi-upright angle near 30 degrees, and a higher upright angle around 60 degrees for high Fowler's. In many rehab and clinical texts, the classic Fowler's position is described as about 30 degrees, which provides a comfortable upright posture that supports breathing and digestion without the body sitting completely vertical. This angle helps with diaphragmatic expansion and reduces the effort of breathing compared to lying flat, while still being easier to tolerate than a full upright position during activities like eating or therapy. The 0-degree option would be flat, and a 60-degree option corresponds to high Fowler's, which is more upright than the standard Fowler's.

10. Which event is most directly responsible for a heart attack?

A. Occlusion of a coronary artery

B. Contraction of arterial walls

C. Increased myocardial oxygen supply

D. Infection of heart valves

The event most directly responsible is a blockage in a coronary artery. When a coronary artery becomes occluded, blood flow to a region of the heart muscle is suddenly cut off. That interruption deprives the tissue of oxygen (ischemia), and if blood flow isn't restored quickly, the affected heart muscle can die, producing a myocardial infarction (heart attack). This occlusion is usually due to a thrombus forming on a ruptured atherosclerotic plaque. Other options don't cause a heart attack directly: normal arterial contraction doesn't block flow, increasing oxygen delivery would relieve risk rather than cause it, and infection of heart valves (infective endocarditis) is a valve problem with different consequences, not the immediate cause of a myocardial infarction.

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://physicalrehab.examzify.com

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