

PHYSICAL THERAPY AIDE TRAINING PRACTICE TEST (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. Which quadriceps exercise involves a long arc movement kicked off the table?**
 - A. Windshield wipers
 - B. Long Arc Quadriceps
 - C. Short Arc Quadriceps
 - D. Arm Bike
- 2. During air squats, how should the buttocks move as you descend?**
 - A. Lower behind your feet as if sitting
 - B. Stay level with knees
 - C. Move forward over toes
 - D. Keep hips up high
- 3. Which electrical stimulation modality uses four electrodes arranged to cross and create interference patterns?**
 - A. Bipolar montage
 - B. Premodulated current
 - C. TENS
 - D. Interferential current
- 4. Which montage uses four electrodes in a cross pattern and is distinct from simple two-pad setups?**
 - A. Bipolar montage
 - B. Monopolar montage
 - C. Tripolar montage
 - D. Quadripolar montage
- 5. Which sequence describes front step-ups correctly?**
 - A. Step up with uninvolved leg, then down with involved leg
 - B. Step up with involved leg, then down with uninvolved leg
 - C. Step up with both legs together, then step down
 - D. Step up with the same leg every time

- 6. What is the hold time pattern for the side lying thoracic ext/rot stretch?**
- A. Hold 60 seconds per side.
 - B. Hold 10 seconds, then release and repeat; repeat on opposite side.
 - C. Hold 2 seconds per repetition.
 - D. Hold 30 seconds and release slowly.
- 7. What is a key cue when performing the internal rotation stretch with a strap?**
- A. Move the shoulder forward to reach behind the back.
 - B. Do not force past pain and keep the shoulder blades pinched back.
 - C. Use momentum to lift the arm up.
 - D. Keep the elbow extended.
- 8. What is the cue for the prone Ys exercise?**
- A. With the arm hanging straight down over the edge of the table, lift the arm away from the table about 45 degrees; stop when you feel the shoulder blade moving; there should be no pain.
 - B. Stand and perform lateral raises at 90 degrees.
 - C. Lie on side and raise the arm overhead.
 - D. Sit and perform scapular squeezes.
- 9. Which exercise is performed lying face down with the knee straight and the leg raised off the ground?**
- A. Bridge
 - B. Prone hip extension
 - C. Towel scrunches
 - D. Marble pick ups
- 10. Which statement defines Single Leg Stance (SLS)?**
- A. High knee SLS requires balancing on both legs.
 - B. Single leg stance: stand on one leg and maintain balance.
 - C. BAPS board involves circular foot movement.
 - D. Isometric arch lift.

Answers

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

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Explanations

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1. Which quadriceps exercise involves a long arc movement kicked off the table?

- A. Windshield wipers
- B. Long Arc Quadriceps**
- C. Short Arc Quadriceps
- D. Arm Bike

The exercise being tested is defined by the range of motion the quadriceps works through. A long arc quadriceps workout uses a larger knee ROM, starting with the knee in a flexed position and moving through a wide arc toward full extension. Because the movement is extended across more of the knee's range, you often see the leg "kicked off the table" as it straightens and the lower leg moves away from the supporting surface. This helps strengthen the quadriceps across a greater portion of its action, which is useful when you want the muscle to control the knee through a larger portion of its movement. Other options don't fit this description. Windshield wipers isn't a quad-length arc knee extension exercise. A short arc quadriceps targets a smaller portion of the ROM, not the long arc. An arm bike uses the upper body, not the quadriceps.

2. During air squats, how should the buttocks move as you descend?

- A. Lower behind your feet as if sitting**
- B. Stay level with knees
- C. Move forward over toes
- D. Keep hips up high

The buttocks should move back as you descend, sitting your hips back as if lowering into a chair. This hip-back movement allows you to load the glutes and hamstrings, keeps the chest up, and helps maintain balance with the weight over the midfoot. If you keep the hips level with the knees or let the weight drop forward onto the toes, you lose hip engagement and put more stress on the knees. Keeping the hips up high also prevents proper depth and posterior-chain loading. So, the correct cue is to sit back and let the buttocks move behind you as you descend.

3. Which electrical stimulation modality uses four electrodes arranged to cross and create interference patterns?

- A. Bipolar montage
- B. Premodulated current
- C. TENS
- D. Interferential current**

Interferential current uses two high-frequency alternating currents that cross inside the body to create an interference pattern. By placing four electrodes in two crossing pairs over the treatment area, the two currents meet and produce a beat frequency at the target tissue. This low-frequency modulation is what provides the therapeutic effects, and the crossing arrangement helps concentrate the stimulus deeper than a simple two-electrode setup. The other options don't create this crossing interference field: a two-electrode setup passes current directly between the pair, a premodulated current mixes the signals before delivery but typically uses two electrodes, and TENS is a surface modality that doesn't rely on tissue-crossing interference patterns.

4. Which montage uses four electrodes in a cross pattern and is distinct from simple two-pad setups?

- A. Bipolar montage
- B. Monopolar montage
- C. Tripolar montage
- D. Quadripolar montage**

Montage describes how the electrodes are arranged to derive a signal. A quadripolar montage uses four electrodes placed in a cross pattern around the area of interest. With four contact points, you can form two differential measurements across perpendicular axes and compare them, which helps localize activity more precisely and reduces common noise that affects all electrodes similarly. This setup offers more spatial information than a simple two-electrode arrangement, which provides only a single differential measurement and less ability to pinpoint sources or reject interference. In contrast, a two-electrode (bipolar) setup uses just a pair of electrodes to measure one difference, offering limited localization. A monopolar arrangement uses one active electrode with a distant reference, still essentially a single differential depending on how many references are used. A tripolar arrangement uses three electrodes to create two differentials with a shared reference, but it still involves fewer electrodes and a different configuration than the four-electrode quadripolar cross layout.

5. Which sequence describes front step-ups correctly?

- A. Step up with uninvolved leg, then down with involved leg
- B. Step up with involved leg, then down with uninvolved leg
- C. Step up with both legs together, then step down
- D. Step up with the same leg every time**

Front step-ups are about training a single leg to lift the body onto a step in a controlled, repeatable pattern. Leading with one leg every time creates a stable, predictable movement sequence, which helps recruit the right muscles (mostly the quadriceps and gluteals) in the correct order and improves balance. By keeping the same leg as the leading leg for each rep, you build consistent motor learning, make coaching cues clear, and reduce compensations that can come from switching leads mid-set. This approach also makes progression easier to monitor. Stepping up with the uninvolved leg first can underload the injured leg and encourage compensations. Stepping up with the involved leg and then down with the uninvolved leg changes the loading pattern and can be harder to control early in rehab. Stepping up with both legs together removes the single-leg strengthening component. Therefore, choosing the same leg to lead every time best supports safe, progressive training.

6. What is the hold time pattern for the side lying thoracic ext/rot stretch?

- A. Hold 60 seconds per side.
- B. Hold 10 seconds, then release and repeat; repeat on opposite side.**
- C. Hold 2 seconds per repetition.
- D. Hold 30 seconds and release slowly.

In thoracic mobility work, using short, repeated end-range holds is a common and effective approach. For the side-lying thoracic ext/rot stretch, you hold the end-range position for about ten seconds, then release and go back into the stretch, repeating on the same side. After several repetitions, you switch to the opposite side and repeat the cycle. This pattern provides gradual, controlled lengthening of the thoracic spine tissues while keeping the movement tolerable and safe. The repeated short holds allow for incremental tissue adaptation and better neuromuscular control than a single long hold would, and they help prevent compensations that can occur with prolonged static positions. Short holds also make it easier to monitor pain or range-of-motion limits and adjust as needed. Longer, single static holds or very brief repetitions (like a couple of seconds) don't provide the same pacing or end-range loading necessary for this stretch, which is why the ten-second hold pattern on each side is preferred.

7. What is a key cue when performing the internal rotation stretch with a strap?

- A. Move the shoulder forward to reach behind the back.
- B. Do not force past pain and keep the shoulder blades pinched back.**
- C. Use momentum to lift the arm up.
- D. Keep the elbow extended.

Focus on staying within a pain-free range and stabilizing the shoulder blade. In the internal rotation stretch with a strap, bracing the scapula (keeping the shoulder blades pinched back) helps keep the movement centered at the glenohumeral joint instead of letting the shoulder girdle move excessively or the trunk compensate. This scapular control prevents impingement and ensures you're stretching the internal rotators, not just pulling the arm into a position via momentum. Pushing through pain risks overstretching tissue or irritating the joint, so using a controlled, gradual stretch within a tolerable range is essential.

8. What is the cue for the prone Ys exercise?

- A. With the arm hanging straight down over the edge of the table, lift the arm away from the table about 45 degrees; stop when you feel the shoulder blade moving; there should be no pain.**
- B. Stand and perform lateral raises at 90 degrees.
- C. Lie on side and raise the arm overhead.
- D. Sit and perform scapular squeezes.

Ensuring scapular stabilizers are engaged through a controlled ascent from a prone position. In the prone Ys, the cue is given to place the arm hanging over the edge of the table and then lift the arm away from the table about 45 degrees, stopping when you feel the shoulder blade begin to move. This small, deliberate motion focuses on activating the scapular upward rotators and depressors (like the lower trapezius and serratus anterior) while the shoulder joint stays protected, which helps train proper scapular mechanics without provoking pain. The instruction to keep it pain-free reinforces moving within a safe range and avoiding impingement. Other options describe different exercises—standing lateral raises, sidelying arm raises, or seated scapular squeezes—that don't use the same prone position or cue to promote the targeted scapular stabilization performed in the prone Y.

9. Which exercise is performed lying face down with the knee straight and the leg raised off the ground?

- A. Bridge
- B. Prone hip extension**
- C. Towel scrunches
- D. Marble pick ups

Prone hip extension is being tested. In this movement you lie on your stomach, keep the knee straight, and lift the leg upward by extending at the hip. This motion mainly strengthens the hip extensors, particularly the gluteus maximus, while challenging you to keep the pelvis stable so the lower back doesn't compensate. To perform it well, keep the opposite leg flat, don't arch the lower back, and initiate the lift from the hip rather than the spine. The other options don't fit: a bridge is done on the back with the knees bent and the hips lifted, towel scrunches work the foot muscles with toe movements, and marble pick ups involve picking up objects with the toes rather than lifting a straight leg from a prone position.

10. Which statement defines Single Leg Stance (SLS)?

- A. High knee SLS requires balancing on both legs.
- B. Single leg stance: stand on one leg and maintain balance.**
- C. BAPS board involves circular foot movement.
- D. Isometric arch lift.

Single leg stance is a static balance task where you stand on one leg and keep the body stable. The defining idea is simply maintaining balance with your entire weight supported by a single limb, without using the other leg. This challenges the alignment and control of the hip, knee, and ankle, as well as overall trunk stability, and it's often used to assess or progress neuromuscular control after injuries. To perform it well, stand tall with the pelvis level, slight bend in the stance knee, foot pointing forward, and gaze steady. Avoid letting the stance leg collapse inward or the upper body tip, and try to hold the position for the required duration. The other statements describe different concepts: one suggests balancing on both legs, which contradicts "single leg." Another refers to a BAPS board with circular foot movement, which is a different balance task using a specific device. The last describes an isometric arch lift, which targets foot strengthening rather than maintaining balance on a single leg.

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://physicaltherapyaidetraining.examzify.com>

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

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