

# Physical Therapy Evaluation Tool (PEAT) 5 Practice Exam (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. An important change in gastrointestinal function that occurs with aging is a decrease in nutrient absorption. Which option correctly lists this as the aging GI change?**
  - A. Increase in gastric motility**
  - B. Increase in salivary secretion**
  - C. Decrease in tooth decay**
  - D. Decrease in nutrient absorption**
  
- 2. During an evaluation of a patient with diabetes, which system should be prioritized to continue assessment if the patient is alert and oriented?**
  - A. Cognitive**
  - B. Genitourinary**
  - C. Musculoskeletal**
  - D. Sensory**
  
- 3. During a transcutaneous electrical nerve stimulation (TENS) session for back pain, the patient reports a painful response during initial treatment while using biphasic pulsed current with conventional parameters. Which modification is MOST appropriate?**
  - A. Decrease electrode size**
  - B. Decrease pulse width**
  - C. Increase pulse rate**
  - D. Switch to a monophasic current**
  
- 4. A physical therapist is treating a patient with a left cerebrovascular accident and right lower-extremity paresis who also has a history of gastroesophageal reflux disease. During therapeutic exercises, which position should be avoided?**
  - A. Standing**
  - B. Sitting upright at 90°**
  - C. Supine**
  - D. Sitting semi-upright at 45°**

- 5. In the early stage of HIV infection, which symptom is most likely reported?**
- A. Blurred vision**
  - B. Easy bruising**
  - C. Poor wound healing**
  - D. Fatigue**
- 6. In a study using an independent t-test with an alpha of 0.05, which result would indicate statistical significance?**
- A.  $p > .05$**
  - B.  $p < .05$**
  - C.  $r^2 > .05$**
  - D.  $r^2 < .05$**
- 7. In advanced ankylosing spondylitis, which intervention is MOST likely to be required for mobility in the community?**
- A. Wheelchair for Community Mobility**
  - B. Ankle-Foot Orthoses**
  - C. Respiratory Ventilator**
  - D. Special Precautions for Osteoporosis**
- 8. Which exam finding would be most likely in a patient with Guillain-Barré syndrome?**
- A. Diminished tendon reflexes**
  - B. Hypertonicity in the affected muscles**
  - C. Presence of clonus with rapid passive foot dorsiflexion**
  - D. Ataxic gait pattern**
- 9. A balance assessment identifies 3 of 10 fallers and 8 of 10 non-fallers. This test demonstrates which characteristics?**
- A. Low sensitivity and high specificity**
  - B. High reliability and low validity**
  - C. High sensitivity and low reliability**
  - D. High predictability and low validity**

**10. Which description BEST represents the physical examination technique used to assess tissue hydration in the hand?**

- A. Pinch and lift the skin and determine the time for the skin to return to normal.**
- B. Push into the skin and determine the time for the skin to return to normal.**
- C. Measure the surface temperature over the volar aspect of the wrist.**
- D. Obtain volumetric measurements on each arm and compare displacement measures.**

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## Answers

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

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## **Explanations**

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**1. An important change in gastrointestinal function that occurs with aging is a decrease in nutrient absorption. Which option correctly lists this as the aging GI change?**

- A. Increase in gastric motility**
- B. Increase in salivary secretion**
- C. Decrease in tooth decay**

**D. Decrease in nutrient absorption**

When the GI system ages, the capacity to absorb nutrients often declines. Structural and functional changes in the gut—such as a thinner intestinal mucosa, reduced surface area from villus atrophy, and sometimes slower transit—lower the efficiency of nutrient uptake. Decreased gastric acid can also impair absorption of minerals like iron and calcium, contributing to a broader drop in nutrient absorption with age. Because of this, describing a decrease in nutrient absorption directly reflects the common aging change in gastrointestinal function. The other statements describe increases or improvements that aren't characteristic of aging GI function. Gastric motility is not typically increased with age; it tends to slow. Salivary secretion generally decreases rather than increases, which can further affect digestion. A decrease in tooth decay doesn't fit aging GI changes, since dental health dynamics don't represent a primary GI absorptive function.

**2. During an evaluation of a patient with diabetes, which system should be prioritized to continue assessment if the patient is alert and oriented?**

- A. Cognitive**
- B. Genitourinary**
- C. Musculoskeletal**
- D. Sensory**

Prioritizing cognitive status is essential because mental function directly affects a patient's ability to understand instructions, follow directions, and participate safely in testing and therapy. When a person with diabetes is alert and oriented, you have a reliable baseline to assess memory, attention, problem-solving, and the ability to engage with the treatment plan. Glycemic fluctuations can transiently impact cognition, so confirming that the patient can think clearly ensures that subsequent evaluations and interventions are valid and safe. The other systems are important, but their assessment relies on the patient's ability to actively participate; if cognition were compromised, it would be necessary to address that first to avoid inaccurate findings or unsafe testing.

**3. During a transcutaneous electrical nerve stimulation (TENS) session for back pain, the patient reports a painful response during initial treatment while using biphasic pulsed current with conventional parameters. Which modification is MOST appropriate?**

- A. Decrease electrode size
- B. Decrease pulse width**
- C. Increase pulse rate
- D. Switch to a monophasic current

When a patient reports a painful response during a TENS session with conventional biphasic pulses, the most effective adjustment is to shorten the pulse width. A shorter pulse width reduces the charge delivered per pulse (charge  $\approx$  current  $\times$  time), which lowers stimulation of the small nociceptive fibers while still allowing activation of the larger A-beta fibers that produce analgesia through the gate-control mechanism. This can make the sensation more comfortable without losing the therapeutic effect. Other changes are less helpful in this situation: using smaller electrodes would increase current density and potentially worsen discomfort; increasing the pulse rate can change the perceptual quality of the sensation without reliably reducing pain; switching to a monophasic current introduces different tissue effects and often more irritative sensations.

**4. A physical therapist is treating a patient with a left cerebrovascular accident and right lower-extremity paresis who also has a history of gastroesophageal reflux disease. During therapeutic exercises, which position should be avoided?**

- A. Standing
- B. Sitting upright at 90°
- C. Supine**
- D. Sitting semi-upright at 45°

When a patient has GERD, keeping activity in upright positions helps gravity keep stomach contents from refluxing into the esophagus. Lying flat (supine) removes that gravitational aid, so reflux is more likely and the risk of aspiration increases—especially important in a patient with stroke who may have impaired swallow and airway protection. In therapy, standing or sitting upright (90°) or semi-upright (around 45°) positions are safer during exercises because they minimize reflux and support safer swallowing and breathing. That makes the supine position the one to avoid.

**5. In the early stage of HIV infection, which symptom is most likely reported?**

- A. Blurred vision**
- B. Easy bruising**
- C. Poor wound healing**
- D. Fatigue**

Fatigue is a common early symptom of HIV infection because the body is mounting an acute immune response after exposure, often called acute retroviral syndrome. This stage typically brings flu-like feelings, including fever, malaise, sore throat, swollen glands, and a general sense of tiredness, with fatigue being one of the most consistently reported complaints. Blurred vision isn't typically seen early; it's more often related to optic or retinal issues that can arise later in the disease or from other causes. Easy bruising and poor wound healing suggest more significant immune suppression or hematologic problems that tend to appear as the infection progresses toward advanced disease, not in the initial phase. So fatigue best fits the early-stage pattern.

**6. In a study using an independent t-test with an alpha of 0.05, which result would indicate statistical significance?**

- A.  $p > .05$**
- B.  $p < .05$**
- C.  $r^2 > .05$**
- D.  $r^2 < .05$**

Statistical significance in a t-test is decided by the p-value compared to the chosen alpha. With an alpha of 0.05, you declare significance when the p-value is less than 0.05. That means the observed difference between groups is unlikely to occur if the null hypothesis is true, so you reject the null and call the result statistically significant. If the p-value is greater than 0.05, you don't have enough evidence to reject the null. R-squared values relate to variance explained and are not the criterion for significance in a t-test, though they can inform about effect size in other contexts. So the result that indicates statistical significance is the one where p is less than 0.05.

**7. In advanced ankylosing spondylitis, which intervention is MOST likely to be required for mobility in the community?**

- A. Wheelchair for Community Mobility**
- B. Ankle-Foot Orthoses**
- C. Respiratory Ventilator**
- D. Special Precautions for Osteoporosis**

In advanced ankylosing spondylitis, the spine often fuses and the chest wall becomes less compliant, which greatly reduces upright walking endurance and makes ambulation across the community energy-intensive and unstable. A wheelchair for community mobility directly addresses this limitation by enabling safe, independent movement beyond the home without exhausting the patient or risking fatigue or pain. Ankle-foot orthoses might help if there were a specific distal leg issue, but they don't correct the major problem of trunk rigidity and limited chest expansion. A respiratory ventilator would be needed only in severe respiratory failure, which isn't the typical scenario for community mobility. While osteoporosis precautions are important, they don't provide a mobility device or the primary means to move around in the community.

**8. Which exam finding would be most likely in a patient with Guillain-Barré syndrome?**

**A. Diminished tendon reflexes**

**B. Hypertonicity in the affected muscles**

**C. Presence of clonus with rapid passive foot dorsiflexion**

**D. Ataxic gait pattern**

Guillain-Barré syndrome affects the peripheral nerves, so the reflex arc itself is disrupted. Demyelination and inflammation slow nerve conduction and impair the pathways needed to produce a tendon reflex, making deep tendon reflexes diminished or absent. This flaccid, low-reflex state is a classic early sign of the condition. Hypertonicity and clonus point to central (upper motor neuron) involvement, not the peripheral nerve pathology seen in Guillain-Barré. An ataxic gait can occur with sensory or motor deficits, but it isn't as characteristic as the loss of reflexes.

**9. A balance assessment identifies 3 of 10 fallers and 8 of 10 non-fallers. This test demonstrates which characteristics?**

**A. Low sensitivity and high specificity**

**B. High reliability and low validity**

**C. High sensitivity and low reliability**

**D. High predictability and low validity**

Interpreting a balance screening involves looking at sensitivity and specificity. This test identifies 3 of 10 fallers, so its sensitivity is  $3/10 = 30\%$ , which is low. It correctly identifies 8 of 10 non-fallers, giving a specificity of  $8/10 = 80\%$ , which is relatively high. So the test demonstrates low sensitivity and high specificity. Clinically, that means it misses many people who will fall (false negatives) but correctly identifies most people who will not fall (few false positives). The other options point to reliability or validity, or to qualities like predictability, which aren't supported by these sensitivity and specificity figures.

**10. Which description BEST represents the physical examination technique used to assess tissue hydration in the hand?**

- A. Pinch and lift the skin and determine the time for the skin to return to normal.**
- B. Push into the skin and determine the time for the skin to return to normal.**
- C. Measure the surface temperature over the volar aspect of the wrist.**
- D. Obtain volumetric measurements on each arm and compare displacement measures.**

Skin turgor is the indicator used to assess tissue hydration. When you pinch and lift a fold of skin, the skin should rise briefly and then rapidly return to its flat shape if hydration and tissue elasticity are adequate. If the person is dehydrated or has reduced tissue turgor, the skin tents and takes longer to snap back, signaling diminished hydration in the skin and underlying tissues. This direct assessment of how quickly the skin recoil occurs is the most specific way to gauge hydration status in the hand. Pushing into the skin and watching for rebound is less reliable because the amount of pressure, skin thickness, and local edema can alter the response, making it harder to interpret. Measuring surface temperature reflects perfusion rather than hydration, and volumetric limb measurements gauge edema, not the skin's hydration status.

## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://peat5.examzify.com>**

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

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