

PHYSICAL THERAPY EVALUATION TOOL (PEAT) 5 PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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 is the primary purpose of a physical therapy evaluation?**
 - A. To estimate reimbursement for services.
 - B. To collect baseline data, determine the patient's problems, establish prognosis, and guide the initial plan of care.
 - C. To determine the exact diagnoses.
 - D. To select equipment for home use.
- 2. A lesion on the skin of the shoulder is 1.3 cm in diameter with irregular borders and color variation, and the patient notes it began 2 months ago. This presentation is MOST consistent with which condition?**
 - A. Mole
 - B. Dermatitis
 - C. Blister
 - D. Melanoma
- 3. Which statement BEST describes a test with high reliability and low validity?**
 - A. High reliability and low validity
 - B. Low reliability and high validity
 - C. Low reliability and low validity
 - D. High reliability and high validity
- 4. Which features of skin examination are important in the integumentary exam?**
 - A. Color, temperature, moisture, integrity, presence of wounds or scars, edema, and trophic changes
 - B. Color only
 - C. Temperature only
 - D. Edema only
- 5. What are the fundamental domains of the physical therapy examination?**
 - A. History, systems review, tests and measures, prognosis, and plan of care.
 - B. Plan of care and discharge planning.
 - C. History, systems review, tests and measures (impairments), prognosis, and plan of care.
 - D. Imaging, labs, medications.

- 6. Proprioception is the sense of joint and body position; essential for balance, coordination, and safe movement. Proprioception is the sense of what?**
- A. The sense of joint and body position.
 - B. The sense of movement speed control.
 - C. The perception of pain intensity.
 - D. The regulation of heart rate during activity.
- 7. Following thoracic surgery, if auscultation reveals decreased low-pitched crackles and the patient is on 2 liters of oxygen, which action should the therapist take NEXT?**
- A. Begin Walking Activities with Higher Oxygen
 - B. Contact the Physician
 - C. Perform Active Range of Motion Exercises
 - D. Initiate Bronchopulmonary Hygiene
- 8. Which combination of signs is most consistent with metabolic alkalosis?**
- A. Hyperventilation, tingling, and carpopedal spasm.
 - B. Hypoventilation, flushing, and hypotension.
 - C. Hyperventilation, tachycardia, and sweating.
 - D. Hypoventilation, muscle twitching, and increased deep tendon reflexes.
- 9. When fitting a wheelchair for a child with cerebral palsy, which body region's alignment is examined FIRST to influence seated posture?**
- A. Pelvis
 - B. Lower Extremities
 - C. Head
 - D. Spine
- 10. Name two tests commonly used to screen for shoulder impingement.**
- A. Drop arm test and Hawkins-Kennedy test.
 - B. Empty can test and apprehension test.
 - C. Jobe relocation test and Neer test.
 - D. Neer test and Hawkins-Kennedy test.

Answers

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

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Explanations

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1. What is the primary purpose of a physical therapy evaluation?

- A. To estimate reimbursement for services.
- B. To collect baseline data, determine the patient's problems, establish prognosis, and guide the initial plan of care.**
- C. To determine the exact diagnoses.
- D. To select equipment for home use.

The essential idea is that the physical therapy evaluation is the initial, comprehensive assessment used to establish a patient's starting point, identify what problems and impairments exist, define a likely course of recovery, and shape the initial plan of care. By gathering history, performing a systems review, and conducting specific tests, measures, and functional assessments, the therapist creates a problem list and a PT-focused diagnosis that guide which interventions to start, what goals to set, and how often therapy should occur. This baseline information also provides the reference point for measuring progress at subsequent re-evaluations. It isn't primarily about estimating reimbursement, nor about determining a medical diagnosis in the broader sense, and it doesn't involve selecting home-use equipment.

2. A lesion on the skin of the shoulder is 1.3 cm in diameter with irregular borders and color variation, and the patient notes it began 2 months ago. This presentation is MOST consistent with which condition?

- A. Mole
- B. Dermatitis
- C. Blister
- D. Melanoma**

Suspicious skin lesions that change over time and show irregular features raise concern for melanoma. Here, the lesion is 1.3 cm in diameter (larger than 6 mm), with irregular borders and color variation, and it began or evolved over two months. These findings align with melanoma, which often presents with asymmetry, border irregularity, multiple colors, and recent change. In contrast, a benign mole tends to be symmetric, with smooth, uniform color and stable size, dermatitis presents with inflammation or itching, and a blister is fluid-filled rather than an irregular pigmented lesion. This pattern is most consistent with melanoma.

3. Which statement BEST describes a test with high reliability and low validity?

- A. High reliability and low validity**
- B. Low reliability and high validity
- C. Low reliability and low validity
- D. High reliability and high validity

High reliability means the test gives consistent results across trials or raters, while low validity means it doesn't actually measure the intended concept. So a test can be very precise and repeatable, yet miss the mark on what you're trying to assess. If the scores are stable but don't reflect the true construct you want to measure, you have high reliability with low validity. For example, a measurement tool that yields the same score every time but that score doesn't correspond to the actual ability or outcome you're interested in would fit this situation. In short, the best description is a test that is consistent but not measuring the right thing.

4. Which features of skin examination are important in the integumentary exam?

- A. Color, temperature, moisture, integrity, presence of wounds or scars, edema, and trophic changes
- B. Color only
- C. Temperature only
- D. Edema only

A broad skin examination looks at multiple characteristics to gauge perfusion, hydration, tissue integrity, and neural or nutritional status. Color reveals circulation and potential systemic issues: pallor suggests reduced blood flow or anemia, erythema indicates inflammation or infection, cyanosis points to hypoxia, and jaundice hints at liver or bilirubin problems. Temperature is checked across areas to detect hotter spots from inflammation or infection or cooler patches from poor perfusion. Moisture reflects hydration and sweat activity; excess moisture may accompany edema or infection, while dryness can indicate dehydration or aging skin. Integrity assesses the skin's surface for breakdown, ulcers, fissures, or erosions, which affect healing risk and function. The presence of wounds or scars documents prior injury or surgery and influences healing potential. Edema shows fluid overload or venous/lymphatic issues and affects skin health and wound healing; evaluating degree and whether it pits helps gauge severity. Trophic changes—like nail and hair abnormalities or skin thinning and ulceration—signal chronic vascular, neuropathic, or nutritional problems. Taken together, these features provide a comprehensive view of skin health and underlying conditions that influence evaluation and treatment planning. Focusing on a single feature would miss important clues that alter prognosis and care.

5. What are the fundamental domains of the physical therapy examination?

- A. History, systems review, tests and measures, prognosis, and plan of care.
- B. Plan of care and discharge planning.
- C. History, systems review, tests and measures (impairments), prognosis, and plan of care.
- D. Imaging, labs, medications.

In physical therapy assessment, the examination is structured around five essential domains that guide data collection and decision making. These are history, systems review, tests and measures, prognosis, and plan of care. History gathers the patient's background, current problems, and personal goals. Systems review screens the major body systems to detect contraindications or comorbidities that could affect treatment. Tests and measures involve objective findings that reveal impairments such as pain, range of motion deficits, strength limitations, and functional limitations. Prognosis provides an informed estimate of recovery potential and factors that may influence outcomes, helping to set realistic goals. Plan of care outlines the anticipated interventions, goals, and expected outcomes, forming the roadmap for treatment. Noting that tests and measures specifically address impairments emphasizes how the examination translates into actionable care—impairments identified here inform diagnosis, prognosis, and the subsequent plan of care. Other options mix in elements not considered fundamental domains of the PT exam (like imaging, labs, or medications) or include discharge planning, which aren't core domains of the initial examination.

6. Proprioception is the sense of joint and body position; essential for balance, coordination, and safe movement. Proprioception is the sense of what?

- A. The sense of joint and body position.**
- B. The sense of movement speed control.
- C. The perception of pain intensity.
- D. The regulation of heart rate during activity.

Proprioception is the body's ability to sense where its joints and limbs are in space, even with your eyes closed. This sense comes from receptors in muscles, tendons, and joints that detect stretch and joint angles, sending information to the brain to help you maintain balance and coordinate movement. Because of this feedback, you can move smoothly and safely without having to watch your limbs constantly. The question is asking what proprioception senses, and the best answer is the position of joints and the body. Other options point to different sensory systems: sensing movement speed relates more to kinesthetic or velocity information, pain intensity involves nociception, and heart rate regulation involves autonomic control.

7. Following thoracic surgery, if auscultation reveals decreased low-pitched crackles and the patient is on 2 liters of oxygen, which action should the therapist take NEXT?

- A. Begin Walking Activities with Higher Oxygen
- B. Contact the Physician
- C. Perform Active Range of Motion Exercises
- D. Initiate Bronchopulmonary Hygiene**

After thoracic surgery, diminished breath sounds often signal atelectasis from secretion stasis. The immediate goal is to improve airway patency and re-expand the lungs, which is best achieved with bronchopulmonary hygiene. This includes airway clearance techniques like chest percussion, vibration, postural drainage, and promoting effective coughing to mobilize secretions and reopen collapsed alveoli. By clearing the airways, oxygen delivery improves and the risk of infection decreases, making this the most appropriate next step while continuing to monitor oxygen needs. Walking with higher oxygen doesn't directly address the secretions or re-expansion and could delay essential clearance. Active range of motion helps circulation and joint mobility but not the lung mechanics needed here. Contacting the physician would be considered if there were signs of instability or contraindications, but initiating bronchopulmonary hygiene aligns with standard post-op pulmonary care to restore ventilation.

8. Which combination of signs is most consistent with metabolic alkalosis?

- A. Hyperventilation, tingling, and carpopedal spasm.
- B. Hypoventilation, flushing, and hypotension.
- C. Hyperventilation, tachycardia, and sweating.
- D. Hypoventilation, muscle twitching, and increased deep tendon reflexes.**

Metabolic alkalosis prompts the body's compensatory response of hypoventilation to retain carbon dioxide and bring pH back toward normal. At the same time, alkalosis lowers ionized calcium by increasing calcium binding to albumin, leading to neuromuscular excitability. That combination—reduced ventilation to compensate and signs of hypocalcemia such as muscle twitching and increased deep tendon reflexes—fits metabolic alkalosis. Other options include hyperventilation, which would cause respiratory alkalosis rather than metabolic, or symptoms like flushing or tachycardia that aren't the hallmark neuromuscular signs of alkalosis.

9. When fitting a wheelchair for a child with cerebral palsy, which body region's alignment is examined FIRST to influence seated posture?

A. Pelvis

B. Lower Extremities

C. Head

D. Spine

The pelvis sets the foundation for seated posture. In a child with cerebral palsy, how the pelvis sits on the seat largely determines how the rest of the body aligns. A neutral, level pelvis with balanced weight on the sit bones provides a stable base that allows the spine to align and the head to position itself more easily. If the pelvis tilts or rotates, the trunk will compensate, leading to asymmetry and less stable posture. Therefore, during wheelchair fitting you first assess and correct the pelvis—using cushions, wedges, or supports to level and symmetrically load the ischial tuberosities—so that subsequent adjustments to the spine and head can be more effective.

10. Name two tests commonly used to screen for shoulder impingement.

A. Drop arm test and Hawkins-Kennedy test.

B. Empty can test and apprehension test.

C. Jobe relocation test and Neer test.

D. Neer test and Hawkins-Kennedy test.

Screening for shoulder impingement relies on maneuvers that reproduce compression of the rotator cuff tendons and subacromial bursa under the coracoacromial arch. The Neer test and Hawkins-Kennedy test are the two most commonly used for this purpose. In the Neer test, the examiner stabilizes the scapula and passively moves the arm into forward flexion with internal rotation, which narrows the subacromial space and can provoke pain if impingement is present. The Hawkins-Kennedy test places the shoulder and elbow at 90 degrees, then internally rotates the arm to compress the structures beneath the acromion, producing pain when impingement exists. These tests are favored as screening tools because they are sensitive for detecting impingement and help guide further evaluation, though a positive result doesn't pinpoint the exact tissue involved.

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://peat5.examzify.com>

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

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