

# Physical Therapy Technician Certification (PTTC) Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of 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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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**1. Which anatomical term is used to describe a structure located towards the middle of the body?**

- A. Medial**
- B. Lateral**
- C. Frontal**
- D. Superior**

**2. What happens during an impacted fracture?**

- A. The bone is broken and pierces an internal organ**
- B. The ends of the bone are driven into each other**
- C. The fractured area collapses on itself**
- D. The fracture appears as a thin line**

**3. What type of joints allow for slight movement?**

- A. Diarthroses**
- B. Synarthroses**
- C. Amphiarthroses**
- D. None of the above**

**4. What does a 'therapeutic environment' in health care refer to?**

- A. Only physical treatment options available**
- B. Factors influencing both external environment and internal body composition**
- C. Strictly environmental sustainability**
- D. Patient dietary choices only**

**5. Which of the following best describes "airborne precautions" in healthcare?**

- A. Standard practices for all patients**
- B. Specific measures to limit airborne pathogens**
- C. Guidelines for physical therapy exercises**
- D. General hygiene standards in hospitals**

**6. What does "-oma" represent in medical terminology?**

- A. Blood condition**
- B. Disease condition**
- C. Tumor, mass swelling**
- D. Before, in front of**

**7. Which term is represented by the root "Carcin/o"?**

- A. Cancerous**
- B. Cell**
- C. Cerebrum**
- D. Teeth**

**8. What characterizes a susceptible host?**

- A. A person with a strong immune response**
- B. A person who can easily resist infections**
- C. A person who cannot resist a microorganism invading the body**
- D. A person who has been vaccinated against all diseases**

**9. Which type of assistive device may include rolling platform or reciprocal designs?**

- A. Canes**
- B. Walkers**
- C. Crutches**
- D. Parallel Bars**

**10. What does a sprain refer to?**

- A. A traumatic injury to a joint involving the soft tissue**
- B. A fracture that requires surgery**
- C. A dislocation of a joint**
- D. A stretch or tear of a muscle**

## **Answers**

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

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## **Explanations**

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**1. Which anatomical term is used to describe a structure located towards the middle of the body?**

- A. Medial**
- B. Lateral**
- C. Frontal**
- D. Superior**

The term used to describe a structure located towards the middle of the body is "medial." This term comes from anatomical positioning and is critical in the field of anatomy and physical therapy. When a structure is described as medial, it means that it is closer to the midline of the body, which is an imaginary line that divides the body into equal left and right halves. For example, the nose is medial to the ears, as it is positioned closer to the midline. Understanding medial and its relation to other directional terms is essential for accurate communication regarding body mechanics and injuries. The term lateral, in contrast, refers to structures that are farther away from the midline, while frontal pertains to the plane that divides the body into anterior and posterior sections, and superior refers to structures that are positioned above or higher than another part of the body. This clear distinction helps in assessing and treating patients effectively.

**2. What happens during an impacted fracture?**

- A. The bone is broken and pierces an internal organ**
- B. The ends of the bone are driven into each other**
- C. The fractured area collapses on itself**
- D. The fracture appears as a thin line**

An impacted fracture occurs when the ends of the bone are driven into each other due to a significant amount of force. This type of fracture typically happens in situations involving high-impact trauma, such as falls or vehicle accidents. The mechanism of injury results in one fragment of bone being forcibly pushed into another, which can complicate the healing process. In contrast, the other types of fractures refer to different mechanisms and presentations. For example, a fracture that involves a bone piercing an internal organ describes a more complex injury scenario, while a collapsing fracture would suggest a compression or collapse mechanism rather than direct impact. Lastly, a thin line appearance would indicate a simple or hairline fracture, where the bone is only partially broken. Each of these other options describes different characteristics or patterns of fracture that do not align with the specific definition of an impacted fracture.

### 3. What type of joints allow for slight movement?

- A. Diarthroses
- B. Synarthroses
- C. Amphiarthroses**
- D. None of the above

The type of joints that allow for slight movement are known as amphiarthroses. These joints are characterized by their capacity to permit limited mobility, which is essential for various functions in the body such as absorbing shock and allowing flexibility.

Amphiarthroses can be found in areas such as the pubic symphysis and the intervertebral discs in the spine, where a small amount of movement is necessary for overall function, stability, and coordination of movement. This slight movement serves important roles in mobility and load distribution across joints. In contrast, diarthroses are fully movable joints, allowing for a wide range of motion like the shoulder and knee joints.

Synarthroses are immovable joints, such as those found in the skull, where stability and protection of the brain are priorities. Thus, amphiarthroses fill a unique role as joints that provide a balance between stability and mobility.

### 4. What does a 'therapeutic environment' in health care refer to?

- A. Only physical treatment options available
- B. Factors influencing both external environment and internal body composition**
- C. Strictly environmental sustainability
- D. Patient dietary choices only

A 'therapeutic environment' in health care encompasses a holistic approach to healing that includes both external environmental factors and internal body composition. This concept recognizes that a patient's surroundings—such as the physical setting of the healthcare facility, the emotional atmosphere, and the social dynamics—can significantly affect their healing process. Additionally, the internal body composition, which includes aspects like nutrition, hormonal balance, and overall physiological state, plays a crucial role in recovery and rehabilitation. Incorporating both external and internal elements allows healthcare providers to create environments that not only help in physical recovery but also support mental and emotional well-being. This comprehensive view enables practitioners to develop treatment plans that are more effective, focusing on all aspects of health rather than just isolated components. Hence, understanding a therapeutic environment as a blend of both external influences and internal health factors is critical for effective health care delivery.

**5. Which of the following best describes "airborne precautions" in healthcare?**

- A. Standard practices for all patients**
- B. Specific measures to limit airborne pathogens**
- C. Guidelines for physical therapy exercises**
- D. General hygiene standards in hospitals**

Airborne precautions are specific measures implemented in healthcare settings to prevent the transmission of diseases that can be spread through the air, primarily via respiratory droplets that remain suspended in the air for extended periods. These precautions are particularly critical for infections such as tuberculosis, measles, and varicella, where the pathogens can be inhaled by individuals in close proximity, sometimes even after the infected person has left the area. Implementing airborne precautions typically involves using specialized filtration masks (such as N95 respirators) for healthcare personnel, ensuring that patients with such infections are placed in negative pressure rooms, and restricting patient movement outside of their designated areas. This is crucial in safeguarding both healthcare workers and other patients from potential exposure to airborne pathogens. The other options describe broader categories or unrelated standards. For instance, standard practices for all patients include basic hygiene and infection control measures, but do not specifically target airborne pathogens. Guidelines for physical therapy exercises focus on rehabilitation strategies rather than infection control, and general hygiene standards encompass a wide array of cleanliness practices that do not specifically relate to airborne transmission. Thus, the focus of airborne precautions distinctly sets it apart as specific measures aimed solely at limiting airborne pathogens.

**6. What does "-oma" represent in medical terminology?**

- A. Blood condition**
- B. Disease condition**
- C. Tumor, mass swelling**
- D. Before, in front of**

In medical terminology, "-oma" is a suffix that specifically denotes a tumor or mass swelling. This term can refer to various types of tumors, which can be benign (non-cancerous) or malignant (cancerous). For instance, a lipoma is a benign tumor of fat tissue, whereas glioma refers to a tumor originating from the supportive tissue of the brain. Understanding this terminology is crucial for healthcare professionals, including physical therapy technicians, as it assists in comprehensively communicating about patient conditions, diagnoses, and treatment options. The identification of "-oma" in a word immediately informs the practitioner that the term pertains to a growth or swelling, which is a vital aspect of assessing a condition's seriousness and guiding treatment protocols. Knowing this enables more effective communication and understanding within the medical team and regarding patient care.

## 7. Which term is represented by the root "Carcin/o"?

- A. Cancerous**
- B. Cell**
- C. Cerebrum**
- D. Teeth**

The root "Carcin/o" specifically refers to "cancerous." This root comes from the Greek word "karkinos," which means crab, a term historically used to describe tumors due to the crab-like spread of malignancies in the body. When medical terminology uses the prefix or root "carcin/o," it indicates a relationship to cancer, such as in words like "carcinoma," which refers to a type of cancer that begins in the skin or in tissues that line or cover internal organs. The other options relate to different medical terms: "cell" is a fundamental unit of life and would be denoted with a different root; "cerebrum" pertains to a specific part of the brain, while "teeth" would relate to dental terminology. None of these options share the cancer-related meaning associated with "carcin/o," making the choice of "cancerous" the most appropriate understanding of this root.

## 8. What characterizes a susceptible host?

- A. A person with a strong immune response**
- B. A person who can easily resist infections**
- C. A person who cannot resist a microorganism invading the body**
- D. A person who has been vaccinated against all diseases**

A susceptible host is characterized by an inability to resist infection by microorganisms. This means that when a pathogen such as a virus, bacteria, or fungus enters the body, the host's immune system is either weak or compromised, allowing the pathogen to thrive and potentially cause illness. Various factors can contribute to a host's susceptibility, including age, pre-existing health conditions, nutritional status, and stress levels, all of which can impair the immune response. In contrast, the other choices describe individuals with various levels of immunity or resistance. For instance, a person with a strong immune response or who can easily resist infections would not be deemed susceptible, as their body would effectively fend off pathogens. Individuals who have been vaccinated against all diseases might have a heightened level of immunity, further reducing their susceptibility to infections.

**9. Which type of assistive device may include rolling platform or reciprocal designs?**

- A. Canes**
- B. Walkers**
- C. Crutches**
- D. Parallel Bars**

Walkers are designed to provide stability and support for individuals who may have difficulty walking independently. The mention of "rolling platform or reciprocal designs" refers to specific types of walkers that are enhanced for mobility. Rolling walkers facilitate easier movement with their wheels, allowing users to glide with less effort. Some walkers are designed to have a reciprocal action, which means they move in a manner akin to normal walking patterns, helping to reinforce proper gait mechanics. This is particularly beneficial for rehabilitation, as it encourages natural movement and can improve coordination and strength over time. In contrast, canes, crutches, and parallel bars serve different purposes and do not typically feature the rolling or reciprocal elements that enhance mobility and mimic natural walking patterns as effectively as walkers do. Canes provide minimal support, crutches are often used for non-weight bearing situations, and parallel bars are primarily used for balance training during rehabilitation rather than for independent mobility.

**10. What does a sprain refer to?**

- A. A traumatic injury to a joint involving the soft tissue**
- B. A fracture that requires surgery**
- C. A dislocation of a joint**
- D. A stretch or tear of a muscle**

A sprain refers to a traumatic injury to a joint involving the soft tissues, specifically the ligaments that connect bones at a joint. When a sprain occurs, these ligaments are stretched beyond their normal capacity or even torn, resulting in pain, swelling, and impaired joint function. Understanding this definition helps clarify the nature of the injury as it specifically pertains to joint stabilization and the role of ligaments. The other options describe different types of injuries that are not classified as sprains. A fracture involves a break in the bone, which is distinct from the soft tissue damage seen in a sprain. A dislocation refers to the displacement of bones at a joint, while the injury to a muscle is characterized by a strain. Each condition has unique characteristics and implications for treatment, emphasizing the importance of correctly identifying a sprain to provide appropriate care and management.

# 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://physicaltherapytechpttc.examzify.com>**

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

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