

PHYSICAL THERAPY TECHNICIAN CERTIFICATION (PTTC) PRACTICE EXAM (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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

<https://physicaltherapytechpttc.examzify.com>



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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 type of joints allow for slight movement?**
 - A. Diarthroses
 - B. Synarthroses
 - C. Amphiarthroses
 - D. None of the above
- 2. What does the medical term "gravida" relate to?**
 - A. Inflammation
 - B. Pregnancy
 - C. Tumor, mass swelling
 - D. Disease condition
- 3. Which of the following describes full range of motion (ROM)?**
 - A. Amphiarthroses
 - B. Diarthroses
 - C. Synarthroses
 - D. Osteopathic joints
- 4. What term defines the plane that divides the body into front and back portions?**
 - A. Sagittal plane
 - B. Transverse plane
 - C. Frontal plane
 - D. Coronal plane
- 5. Which type of setting is likely to require acute patient care services?**
 - A. Nursing homes
 - B. General private practices
 - C. Acute care hospitals
 - D. Rehabilitation centers
- 6. What is the primary focus of the POMR Note Charting?**
 - A. To monitor financial aspects of care
 - B. To implement a treatment plan
 - C. To document medical history details
 - D. To track a patient's problems

7. What is the role of a massage in physical therapy?

- A. It relieves joint stiffness
- B. It increases physical endurance
- C. It provides a psychological benefit
- D. It improves blood circulation to a specific area

8. Which movement involves decreasing the angle of a joint?

- A. Abduction
- B. Adduction
- C. Flexion
- D. Extension

9. What is the definition of epiphyses in long bones?

- A. The protective covering on the outer surface of the bone
- B. The hollow shaft of a long bone
- C. The end part of a long bone that initially grows separately from the shaft
- D. The portion containing yellow bone marrow

10. What does a combining vowel do in medical terminology?

- A. It connects two root words
- B. It always precedes the prefix
- C. It is unnecessary for pronunciation
- D. It indicates the location in the body

Answers

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

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Explanations

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1. 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.

2. What does the medical term "gravida" relate to?

- A. Inflammation
- B. Pregnancy**
- C. Tumor, mass swelling
- D. Disease condition

The term "gravida" directly relates to pregnancy, denoting a woman who is pregnant. It is commonly used in medical contexts to indicate the number of times a woman has been pregnant, regardless of the outcome, and is an essential aspect of obstetric history. This term helps healthcare providers understand a patient's reproductive history, such as how many pregnancies a woman has had, aiding in the assessment and management of both current and future pregnancies. In contrast, the other terms listed describe different medical concepts; "inflammation" refers to the body's response to injury or infection, while "tumor, mass swelling" describes abnormal growths in tissues, and "disease condition" encompasses a broad range of health issues. Understanding these distinctions is crucial for anyone studying medical terminology, particularly in fields like physical therapy and obstetrics.

3. Which of the following describes full range of motion (ROM)?

- A. Amphiarthroses
- B. Diarthroses**
- C. Synarthroses
- D. Osteopathic joints

The term "full range of motion" (ROM) refers to the complete movement potential of a joint, typically assessed by the angles through which the joint can move. Diarthroses, or synovial joints, are characterized by their ability to move freely in multiple directions, allowing for a full range of motion. These joints include the shoulder, hip, knee, and elbow, among others, and feature structures such as synovial fluid, cartilage, and a joint capsule that facilitate smooth and extensive movements. In contrast, the other types of joints mentioned have more restricted motion. Amphiarthroses allow for limited movement and are typically found between bones that are connected by cartilage, such as those in the spine. Synarthroses are immovable joints that are tightly connected by fibrous tissue or cartilage, such as sutures in the skull. Osteopathic joints is not a recognized classification in traditional literature regarding joint types and thus does not pertain to the context of mobility. Therefore, diarthroses is the correct selection as it specifically describes joints that allow for a full range of motion.

4. What term defines the plane that divides the body into front and back portions?

- A. Sagittal plane
- B. Transverse plane
- C. Frontal plane**
- D. Coronal plane

The correct term that defines the plane dividing the body into front and back portions is the frontal plane, also referred to as the coronal plane. This plane runs vertically from side to side and creates an anterior (front) and posterior (back) section of the body. It is essential for understanding human anatomy and movement, as many movements and exercises can be analyzed in relation to this plane. The frontal plane is particularly significant in physical therapy and rehabilitation because many exercises and functional movements occur in this plane, such as lateral raises or side lunges, which emphasize movements that occur along a vertical axis, separating the body into anterior and posterior parts. Other planes mentioned serve different functions: the sagittal plane divides the body into left and right portions, while the transverse plane cuts the body into upper and lower sections. Knowing these distinctions is crucial for professionals in fields related to anatomy, physical therapy, and exercise science, as they help inform treatment strategies and movement analysis.

5. Which type of setting is likely to require acute patient care services?

- A. Nursing homes
- B. General private practices
- C. Acute care hospitals**
- D. Rehabilitation centers

Acute care hospitals are specifically designed to provide intensive medical treatment for patients with severe, often life-threatening conditions that require immediate attention. These facilities typically have a wide range of healthcare services, including emergency departments, surgical units, and specialized intensive care units. Patients in acute care settings often have complex medical needs and may require close monitoring by healthcare professionals. This setting is characterized by the rapid admission and discharge of patients, who may come in for a short stay to receive treatment or surgery and then will require further recovery or rehabilitation in other facilities like rehabilitation centers or nursing homes. In contrast, nursing homes tend to serve long-term residents with chronic conditions, general private practices focus on outpatient care, and rehabilitation centers primarily address recovery from injury or surgery but not acute medical crises.

6. What is the primary focus of the POMR Note Charting?

- A. To monitor financial aspects of care
- B. To implement a treatment plan
- C. To document medical history details
- D. To track a patient's problems**

The primary focus of POMR (Problem-Oriented Medical Record) Note Charting is to track a patient's problems. This method emphasizes identifying and organizing patient issues or problems in a systematic way, which allows healthcare providers to better understand the patient's condition, develop an effective treatment plan, and monitor progress over time. POMR charting typically involves listing the patient's problems clearly and addressing each one through assessment and intervention strategies. By concentrating on problems, practitioners can provide a more targeted and holistic approach to patient care, ensuring that all aspects of a patient's health are considered and tracked throughout their treatment journey. This model supports continuity of care, as it provides a clear and structured format for clinicians to communicate and collaborate regarding the patient's issues and progress.

7. What is the role of a massage in physical therapy?

- A. It relieves joint stiffness
- B. It increases physical endurance
- C. It provides a psychological benefit
- D. It improves blood circulation to a specific area**

In physical therapy, massage serves several beneficial roles, one of the primary ones being the improvement of blood circulation to specific areas of the body. Increased blood circulation enhances the delivery of oxygen and nutrients to tissues, which is crucial for healing and recovery. It helps to flush out metabolic waste products, aids in reducing inflammation, and promotes overall tissue health. While other options have merit, they are not exclusively attributed to the role of massage within the context of physical therapy. Joint stiffness can be addressed through various techniques, including stretching and strengthening exercises, while physical endurance is typically improved through aerobic and resistance training rather than massage. The psychological benefits of massage are indeed significant, as they can contribute to relaxation and stress relief, but this is more of an ancillary benefit rather than a primary therapeutic goal in the context of improving physical function. Hence, the emphasis on enhancing blood circulation through massage distinctly aligns with the therapeutic objectives of physical therapy.

8. Which movement involves decreasing the angle of a joint?

- A. Abduction
- B. Adduction
- C. Flexion**
- D. Extension

The correct answer is flexion, as this term specifically refers to the movement that decreases the angle between two body parts at a joint. For example, when you bend your elbow or knee, you are performing flexion, as the angle formed at these joints becomes smaller. In contrast, other movements have distinct definitions: abduction refers to moving a limb away from the midline of the body, while adduction involves bringing a limb closer to the midline. Extension, on the other hand, is the opposite of flexion; it increases the angle at a joint, such as straightening the elbow or knee after bending. Understanding these terminologies is crucial in physical therapy, as precise movement descriptions guide therapists in assessing and planning appropriate interventions for patients.

9. What is the definition of epiphyses in long bones?

- A. The protective covering on the outer surface of the bone
- B. The hollow shaft of a long bone
- C. The end part of a long bone that initially grows separately from the shaft**
- D. The portion containing yellow bone marrow

The definition of epiphyses in long bones refers specifically to the end parts of the bones that initially grow separately from the shaft. Epiphyses play a crucial role in the growth and development of long bones, especially during childhood and adolescence. They are made up of spongy bone that is surrounded by a thin layer of compact bone and are involved in joint formation. The existence of a growth plate, or epiphyseal plate, at the junction between the epiphysis and the diaphysis (the shaft) allows for the longitudinal growth of the bone. In contrast, the protective covering on the outer surface of the bone is known as the periosteum, which does not define the epiphysis. The hollow shaft of a long bone refers to the diaphysis, which contains the medullary cavity housing bone marrow. The portion containing yellow bone marrow corresponds primarily to the medullary cavity found in the diaphysis, again unrelated to the definition of epiphyses. Understanding this foundational aspect of bone structure is essential for comprehending how growth and development occur and how these areas contribute to the overall function of the skeletal system.

10. What does a combining vowel do in medical terminology?

- A. It connects two root words**
- B. It always precedes the prefix
- C. It is unnecessary for pronunciation
- D. It indicates the location in the body

A combining vowel is used in medical terminology primarily to connect two root words, facilitating smoother pronunciation and understanding of complex medical terms. When medical terms are constructed, root words often represent specific concepts or parts of the body, and the combining vowel—typically the letter 'o'—enables these roots to be linked seamlessly. For instance, in the term "cardiology," the combining vowel 'o' links the root "cardi" (heart) and "logy" (study of), allowing for clearer communication. The other choices present aspects that do not accurately reflect the role of a combining vowel. For instance, it does not always precede a prefix, as prefixes typically come before root words. Additionally, while some root words can be pronounced without a combining vowel, it is useful for pronunciation in many cases. Furthermore, a combining vowel does not indicate specific locations in the body; that function is typically served by the root words themselves. This clear understanding of the role of the combining vowel is essential for effective use of medical terminology.

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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://physicaltherapytechpttc.examzify.com>

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

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