

PODIATRY MEDICAL ASSISTANT 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 procedure is the partial or complete removal of a limb?**
 - A. Amputation
 - B. Disarticulation
 - C. Resection
 - D. Biopsy
- 2. Which term describes the bottom surface of the foot?**
 - A. Dorsal
 - B. Ventral
 - C. Plantar
 - D. Anterior
- 3. Therapeutic use of cold, sometimes with liquid nitrogen is known as which therapy?**
 - A. Thermotherapy
 - B. Cryotherapy
 - C. Hydrotherapy
 - D. Massage
- 4. Which condition is inflammation of tendons that connect muscle to bone and can occur in the ankle?**
 - A. Pes planus
 - B. Plantar fasciitis/heel pain
 - C. Tendinitis
 - D. Excisional matrixectomy
- 5. Which term describes restricted motion at the base joint of the big toe?**
 - A. hallux valgus
 - B. hallux rigidus
 - C. hallux limitus
 - D. metatarsalgia

6. What is the rounded bony protuberance on each side of the ankle called?

- A. Gout
- B. Contracture
- C. Deep venous thrombosis
- D. Malleolus

7. Which term means cancerous or harmful?

- A. Benign
- B. Malignant
- C. Neoplasm
- D. Arthritis

8. Which term describes an open sore on the skin or mucous membrane?

- A. Lesion
- B. Abrasion
- C. Erosion
- D. Ulcer

9. Which procedure permanently removes the nail root by cutting it out?

- A. Nail avulsion
- B. Ingrown nail
- C. Excisional matrixectomy
- D. Nail matrixectomy

10. Suffix that denotes inflammation is which of the following?

- A. -itis
- B. -oma
- C. -pathy
- D. -osis

Answers

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

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Explanations

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1. Which procedure is the partial or complete removal of a limb?

- A. Amputation**
- B. Disarticulation
- C. Resection
- D. Biopsy

Amputation is the removal of a limb or part of a limb. This term covers both partial and complete limb removal, which matches the scenario described. Disarticulation is removal through a joint, a specific type of limb removal but not the general term asked for. Resection refers to removing tissue or part of an organ, not specifically a limb. Biopsy means taking a tissue sample for diagnostic purposes, not removing a limb. So the best answer is amputation.

2. Which term describes the bottom surface of the foot?

- A. Dorsal
- B. Ventral
- C. Plantar**
- D. Anterior

In directional terms for the foot, the bottom surface is called the plantar surface. The term plantar comes from the sole of the foot, and it's the standard label used for that underside, as in plantar fascia or plantar flexion. Dorsal refers to the top or dorsum of the foot, ventral is a front/belly-side term used more generally for the body, and anterior means toward the front. Since the question is about the bottom surface, plantar is the precise, widely used term.

3. Therapeutic use of cold, sometimes with liquid nitrogen is known as which therapy?

- A. Thermotherapy
- B. Cryotherapy**
- C. Hydrotherapy
- D. Massage

Cryotherapy is the therapeutic use of cold to treat tissue injury and pain. Applying cold causes vasoconstriction, which limits swelling and inflammation, and it also slows nerve conduction to reduce pain. When liquid nitrogen is used, the temperature drop is extremely rapid and deep, allowing very targeted or widespread cooling for procedures like cryosurgery or quick reduction of inflammation in some injuries. This is distinct from thermotherapy, which uses heat to increase blood flow and tissue extensibility; hydrotherapy involves water at various temperatures as a medium for therapy; and massage is manual manipulation of soft tissues. So, the cold-focused approach described fits cryotherapy.

4. Which condition is inflammation of tendons that connect muscle to bone and can occur in the ankle?

- A. Pes planus
- B. Plantar fasciitis/heel pain
- C. Tendinitis**
- D. Excisional matrixectomy

Inflammation of tendons that connect muscle to bone is tendinitis. In the ankle, tendons such as the Achilles can become irritated from overuse or injury, leading to pain, swelling, and difficulty with movement. This fits the description of a tendon inflammation in the ankle. Pes planus is flatfoot, not a tendon issue. Plantar fasciitis involves the plantar fascia (a band of tissue, not a tendon) and causes heel pain, not tendon inflammation. Excisional matrixectomy is a nail surgery, unrelated to tendons.

5. Which term describes restricted motion at the base joint of the big toe?

- A. hallux valgus
- B. hallux rigidus
- C. hallux limitus**
- D. metatarsalgia

Restricted motion at the base joint of the big toe refers to limited range of motion at the first metatarsophalangeal joint, especially dorsiflexion during push-off. The best term for this is hallux limitus, which specifically describes a partial restriction in movement at that joint and can progress if the condition worsens. Hallux limitus reflects the early stage where motion is reduced but not completely lost, often due to cartilage wear or osteophyte formation. In contrast, hallux valgus is a bunion with lateral deviation of the big toe, a deformity rather than a ROM limitation. Hallux rigidus denotes a more advanced, near- or complete loss of motion at the same joint. Metatarsalgia refers to generalized pain under the ball of the foot, not limited to the big toe joint's motion.

6. What is the rounded bony protuberance on each side of the ankle called?

- A. Gout
- B. Contracture
- C. Deep venous thrombosis
- D. Malleolus**

On each side of the ankle the rounded bony prominences are called malleoli. The inner bump is the medial malleolus (end of the tibia) and the outer bump is the lateral malleolus (end of the fibula). These structures help stabilize the ankle and, together with the talus, form the ankle joint. Terms like gout, contracture, and deep venous thrombosis refer to conditions or diseases, not the bone landmarks. So the correct term for these prominences is malleolus.

7. Which term means cancerous or harmful?

- A. Benign
- B. Malignant**
- C. Neoplasm
- D. Arthritis

Malignant describes tumors that are cancerous and harmful because they invade nearby tissues and can spread to distant parts of the body (metastasis). This invasive and spreading behavior is what makes malignant growths dangerous and potentially life-threatening if not treated. In contrast, a benign tumor stays localized and typically grows slowly, without invading surrounding tissues or metastasizing. A neoplasm simply means a new abnormal growth and can be either benign or malignant, so it doesn't by itself indicate harm. Arthritis is a joint inflammation, not a tumor term.

8. Which term describes an open sore on the skin or mucous membrane?

- A. Lesion
- B. Abrasion
- C. Erosion
- D. Ulcer**

An open sore on the skin or mucous membrane is an ulcer. An ulcer represents a break in surface tissues with loss of tissue integrity that can extend into deeper layers and often heals slowly. This distinguishes it from other terms: a lesion is any abnormal tissue change; an abrasion is a superficial scrape removing only the outermost skin; an erosion is a shallow loss of surface epithelium without deeper tissue destruction. So the best term for an open sore is ulcer.

9. Which procedure permanently removes the nail root by cutting it out?

- A. Nail avulsion
- B. Ingrown nail
- C. Excisional matrixectomy**
- D. Nail matrixectomy

Permanent nail root removal requires removing the nail matrix, the tissue that makes the nail. Excisional matrixectomy means surgically cutting out the nail matrix tissue, removing the source of nail production so the nail will not regrow. This is why it's the best choice for a procedure intended to permanently stop nail growth. Nail avulsion only takes out the nail plate, not the root, so the matrix can still produce a new nail. An ingrown nail is a condition, not a procedure. Nail matrixectomy is a broader term that can refer to procedures that may or may not involve complete excision of the matrix; it doesn't specify cutting out the matrix tissue as clearly as excisional matrixectomy does.

10. Suffix that denotes inflammation is which of the following?

A. -itis

B. -oma

C. -pathy

D. -osis

-itis denotes inflammation. In medical terms, when a root name for a body part is followed by -itis, it means that part is inflamed—examples include tonsillitis (inflammation of the tonsils), dermatitis (inflammation of the skin), and gastritis (inflammation of the stomach). Other suffixes point to different ideas: -oma indicates a tumor or mass, -pathy denotes a disease or disorder of a part, and -osis refers to an abnormal condition or process. So, -itis is the suffix that specifically signals inflammation.

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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://podiatrymedassistant.examzify.com>

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

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