

# Postural Control Exam 3 Practice (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. Hip strategies are typically observed under which conditions?**
  - A. Small perturbations on stable surfaces**
  - B. Quiet standing with eyes closed**
  - C. Fast walking on level ground**
  - D. Larger perturbations on unstable surfaces**
  
- 2. Which statement about sensory augmentation in balance rehabilitation is accurate?**
  - A. It reduces sensory feedback to challenge the system**
  - B. It provides augmented feedback such as vibrotactile cues to improve body position awareness**
  - C. It eliminates proprioceptive input**
  - D. It solely uses visual feedback**
  
- 3. In sensory condition 2 of CTSIB, which senses are providing accurate/inaccurate information?**
  - A. Accurate: Vestibular and Somatosensory; Inaccurate: None (No Visual Input)**
  - B. Accurate: Vestibular; Inaccurate: Vision**
  - C. Accurate: Vision; Inaccurate: Vestibular and Somatosensory**
  - D. Accurate: Vestibular, Vision; Inaccurate: Somatosensory**
  
- 4. Which sensory conditions are performed on a solid surface in CTSIB?**
  - A. 4, 5, 6**
  - B. 1, 2, 3**
  - C. 2, 3, 4**
  - D. 1, 3, 5**
  
- 5. What are the three phases of feedforward control?**
  - A. Preparatory phase, Action, Compensatory phase**
  - B. Preparatory phase, Compensatory phase, Action**
  - C. Action, Preparatory phase, Compensatory phase**
  - D. Preparatory phase, Action, Stabilization phase**

- 6. Which function best describes the cerebellum's role in postural control?**
- A. Initiates voluntary movement directly**
  - B. Integrates multisensory information, calibrates timing and scaling of balance corrections**
  - C. Primary motor cortex drives balance via muscle tone**
  - D. Sensory cortex processes proprioception only**
- 7. Which CTSIB condition removes visual input while testing balance on a stable surface?**
- A. Condition 1**
  - B. Condition 3**
  - C. Condition 2**
  - D. Condition 4**
- 8. In response to a forward sway, which muscle groups are activated as part of the ankle strategy?**
- A. Gastrocs, Hamstrings, Paraspinals**
  - B. Tibialis Anterior, Quadriceps, Abs**
  - C. Calf and Shin Muscles**
  - D. Soleus, Glutes, Erector Spinae**
- 9. In reactive postural control, which processing sequence is most accurate?**
- A. Sensory input -> conscious processing -> nonconscious processing -> automatic motor output**
  - B. Sensory input -> nonconscious processing -> conscious processing -> automatic motor output**
  - C. Automatic motor output -> sensory input -> nonconscious processing -> conscious processing**
  - D. Nonconscious processing -> sensory input -> conscious processing -> automatic motor output**

**10. Which balance constructs are evaluated by BESTest and miniBESTest that are not captured by a single global score test?**

- A. Biomechanical constraints, anticipatory postural adjustments, reactive postural control, sensory orientation, and dynamic gait**
- B. Only gait speed**
- C. Visual acuity**
- D. Cardiovascular endurance**

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## Answers

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

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## **Explanations**

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**1. Hip strategies are typically observed under which conditions?**

- A. Small perturbations on stable surfaces**
- B. Quiet standing with eyes closed**
- C. Fast walking on level ground**
- D. Larger perturbations on unstable surfaces**

Hip strategies come into play when perturbations to balance are too large for the ankles to handle or when the surface is unstable. In these situations the body uses more proximal control, moving the hips and trunk to generate bigger corrective moments and reorient the upper body so the center of mass stays over the base of support. On unstable or compliant surfaces, ankle-only responses are less effective, so the hip joints are engaged to restore stability quickly. This is why larger disturbances on an unstable surface reliably evoke hip strategy responses. Smaller perturbations on a firm surface are typically managed by ankle movements, and dynamic tasks like fast walking involve gait-specific balance control rather than a perturbation-posed hip strategy in standing.

**2. Which statement about sensory augmentation in balance rehabilitation is accurate?**

- A. It reduces sensory feedback to challenge the system**
- B. It provides augmented feedback such as vibrotactile cues to improve body position awareness**
- C. It eliminates proprioceptive input**
- D. It solely uses visual feedback**

Sensory augmentation in balance rehabilitation means adding extra sensory information to help the person perceive their body position and sway more accurately. The statement about augmented feedback describes vibrotactile cues given to the user, which provide real-time information about body orientation and movement. This additional feedback helps the nervous system interpret proprioceptive and vestibular signals more clearly, leading to more precise postural adjustments and improved balance control. It's about supplementing natural senses rather than reducing them or removing proprioception, and it's not limited to visual feedback—the cues can be tactile, auditory, or multimodal, used to enhance awareness rather than replace it.

**3. In sensory condition 2 of CTSIB, which senses are providing accurate/inaccurate information?**

**A. Accurate: Vestibular and Somatosensory; Inaccurate: None (No Visual Input)**

**B. Accurate: Vestibular; Inaccurate: Vision**

**C. Accurate: Vision; Inaccurate: Vestibular and Somatosensory**

**D. Accurate: Vestibular, Vision; Inaccurate: Somatosensory**

In this condition, vision is removed by closing the eyes, so the body must rely on vestibular and somatosensory (proprioceptive) information to stay balanced. These two senses provide accurate cues about head orientation and body position relative to the ground when visual input isn't available. Since there's no visual input to contribute (accurate or inaccurate), we don't consider vision here. The result is that vestibular and somatosensory information are the ones providing accurate information about posture. The other options misattribute the role of vision or somatosensory in this condition.

**4. Which sensory conditions are performed on a solid surface in CTSIB?**

**A. 4, 5, 6**

**B. 1, 2, 3**

**C. 2, 3, 4**

**D. 1, 3, 5**

CTSIB uses different ways to challenge balance by changing what you see and what the feet feel, so it can see how the visual, vestibular, and somatosensory systems contribute to staying upright. When the surface is solid, the information from the feet is reliable, and the conditions test how vision is used or limited while that stable support remains. Specifically, you assess standing with eyes open on a firm surface, standing with eyes closed on a firm surface, and standing on a firm surface with sway-referenced vision. These are the solid-surface conditions because the support is stable in all of them. The foam-surface conditions, which alter somatosensory input from the feet, are not part of the solid-surface set.

**5. What are the three phases of feedforward control?**

**A. Preparatory phase, Action, Compensatory phase**

**B. Preparatory phase, Compensatory phase, Action**

**C. Action, Preparatory phase, Compensatory phase**

**D. Preparatory phase, Action, Stabilization phase**

Feedforward control in posture involves anticipating the disturbance a movement will cause and preparing the body before it happens. The three phases unfold in this order: first, a preparatory phase where anticipatory postural adjustments activate before the movement to shift the center of mass and ready the joints and muscles; second, the action phase where the primary task is carried out with the prepared posture; and third, a compensatory phase where corrective adjustments are made to counter any residual destabilization and restore balance. This sequence—anticipation, execution, stabilization—best captures how the body prepares for, performs, and then stabilizes during movement, which is why it's the correct choice. Other options reorder these phases or use terms like stabilization that don't align with the typical progression of feedforward control.

**6. Which function best describes the cerebellum's role in postural control?**

- A. Initiates voluntary movement directly**
- B. Integrates multisensory information, calibrates timing and scaling of balance corrections**
- C. Primary motor cortex drives balance via muscle tone**
- D. Sensory cortex processes proprioception only**

The key idea is that the cerebellum acts as the balance coordinator, taking in multiple sensory signals and turning them into precise, timely postural responses. It gathers vestibular information about head motion and orientation, visual cues about the surrounding environment, and proprioceptive and somatosensory input about limb and body position. By comparing what you intend to happen with what actually happens, it computes errors and uses them to adjust how your muscles should respond. This is where timing and scaling come in. For postural corrections, you need the right moment to activate muscles and the right amount of force to apply. The cerebellum fine-tunes both when you lean, sway, or stumble and how strongly you respond, so you stay upright with smooth, coordinated adjustments. That predictive, integrative role is essential for stable posture across different tasks and perturbations, and it adapts with practice and changing conditions. Other options misattribute these functions. Initiating voluntary movement is mainly a cortical process, with the primary motor cortex driving intentional actions, not the automatic balance corrections the cerebellum shapes. Saying the primary motor cortex drives balance via muscle tone oversimplifies motor control and ignores the cerebellum's modulatory role. And while the sensory cortex processes proprioception, balance control relies on integrating multiple sensory streams and calibrating outputs, which is the cerebellum's specialty, not proprioception alone.

**7. Which CTSIB condition removes visual input while testing balance on a stable surface?**

- A. Condition 1**
- B. Condition 3**
- C. Condition 2**
- D. Condition 4**

CTSIB uses variations of vision and surface to see how balance relies on vision, somatosensation, and vestibular input. Removing visual input while the surface is stable means you keep a firm surface and eliminate sight, so balance must rely on vestibular and proprioceptive cues without visual feedback. That's achieved by having the person stand with eyes closed on a firm surface. The other conditions either keep vision, or introduce a foam surface that disrupts somatosensory input, or both, so they don't match the scenario of removing vision on a stable surface.

**8. In response to a forward sway, which muscle groups are activated as part of the ankle strategy?**

- A. Gastrocs, Hamstrings, Paraspinals**
- B. Tibialis Anterior, Quadriceps, Abs**
- C. Calf and Shin Muscles**
- D. Soleus, Glutes, Erector Spinae**

Ankle strategy relies on rotating around the ankle to keep balance during small perturbations. When the body sways forward, the plantarflexor muscles of the calf contract first, pushing against the ground to create a backward torque at the ankle and bring the trunk back upright. If the sway persists, the body recruits proximal muscles—hamstrings and paraspinals—to further stabilize the knee, hip, and spine. This distal-to-proximal sequence helps restore vertical alignment without needing larger body movements. So, activating the gastrocnemius (calf) along with the hamstrings and paraspinals fits the ankle strategy pattern for a forward sway, because it starts with ankle plantarflexion and progresses up the kinetic chain to maintain balance.

**9. In reactive postural control, which processing sequence is most accurate?**

- A. Sensory input -> conscious processing -> nonconscious processing -> automatic motor output**
- B. Sensory input -> nonconscious processing -> conscious processing -> automatic motor output**
- C. Automatic motor output -> sensory input -> nonconscious processing -> conscious processing**
- D. Nonconscious processing -> sensory input -> conscious processing -> automatic motor output**

In reactive postural control, the process begins with sensing the perturbation through sensory inputs, such as vision, vestibular signals, and somatosensory feedback. The initial response is driven by nonconscious processing, which quickly translates those sensory cues into fast, automatic adjustments to the posture without deliberate thought. If the automatic response is insufficient or if the situation requires a more strategic approach, conscious processing steps in to interpret context, prioritize goals, and fine-tune the plan. After this assessment, the motor system executes the chosen strategy as automatic motor output, producing the actual muscle actions to restore balance. This sequence—rapid nonconscious processing following sensory input, with potential conscious modulation, culminating in automatic motor output—captures how the body balances speed with adaptability during unexpected disturbances.

**10. Which balance constructs are evaluated by BESTest and miniBESTest that are not captured by a single global score test?**

- A. Biomechanical constraints, anticipatory postural adjustments, reactive postural control, sensory orientation, and dynamic gait**
- B. Only gait speed**
- C. Visual acuity**
- D. Cardiovascular endurance**

The question tests the idea that true balance assessment looks beyond a single overall score and breaks balance into multiple underlying control systems. The BESTest and miniBESTest are designed to profile several distinct domains of postural control, capturing weaknesses that a single global score often misses. Biom mechanical constraints refer to the physical and mechanical factors that limit balance, such as strength, flexibility, and joint alignment. If someone has limited range or weakness, they may struggle with maintaining stable posture even if their reflexes are intact. Anticipatory postural adjustments are about feedforward, pre-programmed muscle activations that prepare the body for a movement or a voluntary shift of the center of mass. Problems here show up when someone can't adequately prepare the body before reaching, turning, or initiating steps. Reactive postural control deals with how the body responds to unexpected disturbances. It looks at the timing and effectiveness of rapid corrective actions after a perturbation, which a single score might blend together with other performance. Sensory orientation examines how well a person uses visual, somatosensory, and vestibular information to maintain balance, especially when sensory inputs are altered or unreliable (like standing on a compliant surface with eyes closed). Dynamic gait covers balance during movement, including walking, gait adaptability, and turning, capturing control that static or single-point tests might miss. A single global balance score tends to summarize overall performance but doesn't reveal which specific system is driving any deficit. The BESTest and miniBESTest, by contrast, provide a profile across these domains, offering targeted insight for intervention. Gait speed, visual acuity, and cardiovascular endurance are important factors for mobility, but they are not the multi-domain balance constructs identified by these tests.

## 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://posturalcontrol3.examzify.com>**

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

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