PTEACS Physical Therapy Exam 1 Practice (Sample)

Study Guide

Everything you need from our exam experts!

Table of Contents

Copyright **1**

Table of Contents **2**

Introduction **3**

How to Use This Guide **4**

Questions **5**

Answers **8**

Explanations **10**

Next Steps **16**

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

1. What best describes proper wheelchair fitting?

A. It is essential for comfort, function, skin integrity, posture, and propulsion efficiency

B. It is only important for appearance

C. It affects posture only

D. It is optional

2. Which set correctly lists the four ways to prevent pressure sores?

A. Nutrition, hydration, bed elevation, and therapy sessions

B. Positioning, frequent position changes, clean environment (avoid wrinkles in sheets), and nutrition

C. Medication optimization, bed rest, anticoagulation, and humidity control

D. Massage, hot packs, ultrasound, and stretching

3. Which position describes the upper extremity with abduction to 90 degrees, internal rotation at the shoulder, and elbows flexed to 90 degrees?

A. Anatomical position

B. Zero position

C. T position

D. Functional position

4. In the side-lying position, which site is commonly at risk for pressure sores?

A. Greater trochanter

B. Acromion process

C. Ribs

D. Medial malleolus

5. To assess safety for transfers, which domains should be evaluated?

A. Physical, Mental, and Emotional

B. Physical measures only

C. Mental status only

D. Emotional status only

6. Which statement about cushion combinations is correct?

A. Foam cushions are always superior

B. Gel cushions alone are superior for all patients

C. Roho cushions are always best

D. A combination of foam and gel can be beneficial in some cases

7. In a standing assisted pivot transfer, which limb should be blocked by the assistant under typical conditions?

A. Affected limb

B. Strong limb

C. Both limbs

D. Neither limb

8. Which term describes continuous resistance to stretching by a muscle due to abnormally increased tone?

A. Rigidity

B. Spasticity

C. Dystonia

D. Hypertrophy

9. Which PPE is required for contact transmission?

A. Gown and gloves

B. Mask and gloves

C. Face shield only

D. Gloves only

10. Which step is performed first in the proper PPE donning sequence?

A. Hand hygiene

B. Gown

C. Mask

D. Gloves

Answers

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

Explanations

1. What best describes proper wheelchair fitting?

A. It is essential for comfort, function, skin integrity, posture, and propulsion efficiency

B. It is only important for appearance

C. It affects posture only

D. It is optional

Proper wheelchair fitting directly affects comfort, function, skin integrity, posture, and propulsion efficiency. When the chair is sized to the user—ensuring adequate width for thigh clearance without excessive space, appropriate seat depth, and footrests positioned to maintain a comfortable knee angle—the risk of skin breakdown from pressure and shear decreases and overall comfort improves. A fit that supports a neutral spine and stable pelvis helps maintain good posture, which aids balance during transfers and daily activities. It also makes propulsion more efficient by aligning the hands, arms, and trunk with the wheels, reducing energy expenditure and minimizing strain on the shoulders. Cushions and back height further enhance pressure distribution and trunk control. In contrast, focusing only on appearance, or on posture alone, or treating fit as optional neglects the essential combination of pressure relief, stability, and efficient movement that proper fitting provides.

2. Which set correctly lists the four ways to prevent pressure sores?

A. Nutrition, hydration, bed elevation, and therapy sessions

B. Positioning, frequent position changes, clean environment (avoid wrinkles in sheets), and nutrition

C. Medication optimization, bed rest, anticoagulation, and humidity control

D. Massage, hot packs, ultrasound, and stretching

Preventing pressure sores centers on relieving pressure, protecting the skin, and supporting tissue health. The best set covers all four essential aspects: regularly changing and repositioning the body to take load off bony areas; keeping the environment clean and free of wrinkles in the sheets to reduce friction, moisture buildup, and shear; and ensuring adequate nutrition to maintain skin integrity and healing capacity. Together, these address the main risk factors—immobility, friction/shear, moisture, and nutrition—providing a comprehensive prevention strategy. Other options miss key elements or introduce unrelated approaches. For example, including bed elevation and therapy sessions doesn't ensure consistent pressure redistribution and skin protection. Another set brings in rest and anticoagulation, which aren't direct prevention methods for pressure ulcers. The last set lists modalities like massage and heat that don't prevent pressure-related skin breakdown.

3. Which position describes the upper extremity with abduction to 90 degrees, internal rotation at the shoulder, and elbows flexed to 90 degrees?

A. Anatomical position

B. Zero position

C. T position

D. Functional position

The situation is describing a standard way to name the arm when it forms a recognizable silhouette: the arm is held out to the side at shoulder height (abduction 90 degrees) with the elbow bent to 90 degrees and the shoulder internally rotated. This combination creates a shape that one can visualize as a letter T from the front, so it's called the T position. It's a common reference posture used in PT to describe a symmetric, stable alignment of the upper extremity for evaluation or positioning. In contrast, anatomical position has the arms by the sides with the palms facing forward, and zero position is neutral without the arm abduction. The functional position typically refers to a 90-degree elbow bend and about 90-degree shoulder abduction used for functional tasks, without specifying the particular rotation that defines the T silhouette.

4. In the side-lying position, which site is commonly at risk for pressure sores?

A. Greater trochanter

B. Acromion process

C. Ribs

D. Medial malleolus

In side-lying, the body's weight rests on the lateral hip, making the greater trochanter a primary pressure point. This bony prominence is close to the surface with relatively little soft tissue padding, so sustained external pressure here can compress blood vessels and reduce blood flow to the overlying tissue. Over time, this ischemia leads to tissue damage and pressure sores. Keeping the area well-supported and relieving pressure through positioning and padding—such as placing a pillow under the pelvis or between the legs and using a cushioned mattress—helps offload this site and prevent ulcers. While the acromion can also be a risk in this position, the greater trochanter is the most common and critical site due to bearing the body's weight in side-lying. Ribs and the medial malleolus are less likely to endure prolonged pressure in this posture.

5. To assess safety for transfers, which domains should be evaluated?

A. Physical, Mental, and Emotional

B. Physical measures only

C. Mental status only

D. Emotional status only

Assessing safety for transfers requires looking at three interacting domains: physical function (strength, balance, range of motion, endurance, motor control), mental status (orientation, attention, ability to follow instructions, safety awareness), and emotional status (fear, anxiety, motivation, confidence). Each area can influence how safely a transfer is performed. Physical capacity determines whether the movement can be executed; cognitive ability ensures the person can understand and follow steps and respond to cues; emotional factors can affect willingness, fear, and risk-taking during the transfer. If you only measure physical ability, you might miss cognitive or emotional barriers that raise safety risks. Conversely, mental or emotional status alone can't guarantee the physical capability needed for a transfer. That's why evaluating all three domains provides the most complete picture for safety.

6. Which statement about cushion combinations is correct?

A. Foam cushions are always superior

B. Gel cushions alone are superior for all patients

C. Roho cushions are always best

D. A combination of foam and gel can be beneficial in some cases

Pressure-relief seating relies on balancing how well the cushion contours to the body, distributes pressure, and manages moisture and shear at the seating surface. No single material is best for every person or every situation. Foam cushions provide stable support and resist bottoming out, which helps keep you in a comfortable, upright position. Gel cushions, on the other hand, can improve how the cushion conforms to irregular shapes and enhance cooling by dispersing heat and reducing peak pressures in specific areas. A cushion that combines both materials can leverage these complementary properties: the foam foundation offers durable support and good positioning, while the gel layer or overlay improves contouring and pressure distribution where it's most needed and can help with thermal comfort. This hybrid approach is especially useful when a patient has changing needs, such as variations in edema, skin tolerance, or activity level, because it allows more tailored relief than relying on a single material. While other cushion types may be better in certain cases, using a foam-and-gel combination acknowledges that individualized adaptation can provide optimal pressure relief for some individuals.

7. In a standing assisted pivot transfer, which limb should be blocked by the assistant under typical conditions?

A. Affected limb

B. Strong limb

C. Both limbs

D. Neither limb

Blocking the affected limb is used to protect the weaker side and control movement as the patient pivots onto the other surface. In this transfer, the strong leg bears most of the weight and initiates the pivot, so keeping the weaker limb stabilized prevents buckling, collapse, or misalignment. This focused support helps maintain proper alignment of the ankle, knee, and hip, reduces the risk of injury, and allows a smoother, safer transfer. Blocking both or blocking the strong limb would hinder the pivot and safety is reduced if the weaker limb is not supported.

8. Which term describes continuous resistance to stretching by a muscle due to abnormally increased tone?

A. Rigidity

B. Spasticity

C. Dystonia

D. Hypertrophy

Spasticity is the velocity-dependent increase in resistance to passive stretch caused by an overactive stretch reflex after an upper motor neuron injury. This means the muscle feels more resistant to being moved quickly, due to heightened neural reflexes, and is often accompanied by hyperreflexia and, at times, clonus. The key distinction is that the resistance rises with faster movement, rather than being uniform across the range. Rigid movement, by contrast, shows a constant resistance throughout the entire range and is not dependent on how fast you move the limb; that pattern is typical of rigidity seen in conditions like Parkinson's disease. Dystonia involves sustained, abnormal muscle contractions that cause twisting or repetitive postures, not just a steady resistance to passive stretching. Hypertrophy is an increase in muscle size, not an abnormal resistance to stretch. So the term that best fits continuous resistance to stretching due to abnormally increased tone in this context is spasticity.

9. Which PPE is required for contact transmission?

A. Gown and gloves

B. Mask and gloves

C. Face shield only

D. Gloves only

For contact transmission, the barrier focus is on skin and clothing. Wearing a gown protects your clothing and skin from becoming contaminated when you touch the patient or contaminated surfaces, while gloves prevent pathogens from transferring to or from your hands during direct contact. A mask and gloves don't address the protective barrier for clothing, and a face shield only guards the face from splashes without preventing contamination of clothing or skin. Gloves alone leave clothing exposed, and adding a mask doesn't compensate for the need to cover both skin and garments. So gown and gloves provide the appropriate barriers for preventing the spread via contact.

10. Which step is performed first in the proper PPE donning sequence?

A. Hand hygiene

B. Gown

C. Mask

D. Gloves

Hand hygiene is performed first because clean hands are the foundation for all subsequent PPE use. If your hands carry microorganisms and you touch the gown, mask, goggles, or gloves during donning, you can transfer contamination to those surfaces and defeat the protective purpose of the PPE. Cleaning hands beforehand reduces the risk of self-contamination as you proceed through the donning steps. After hand hygiene, you typically proceed with the gown, then the mask, eye protection if needed, and finally gloves, with gloves being put on last to avoid touching contaminated surfaces and to ensure a proper barrier is maintained.

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://pteacsphysicaltherapy1.examzify.com

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